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Monday, March 26, 2012



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Mulcair's
VICTORY
and



Dewar's
DEFEAT

Newly minted NDP Leader Thomas Mulcair, left, cheers with supporters during the party's leadership convention in Toronto on Saturday. Paul Dewar, right, makes his way through the crowd after officially dropping out of the race.
More on Mulcair's victory, page 6. FRANK GUNN/PAWEL DWULITY/THE CANADIAN PRESS

'I knew my work was done': Dewar

NDP leadership.

Paul Dewar tells Metro he'll serve in whatever capacity he is asked to



JESSICA SMITH
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Surrounded by family and friends at the NDP leadership convention Saturday, Ottawa Centre MP Paul Dewar found he placed fifth out of seven candidates on the first ballot and he quickly decided to withdraw.

"I knew my work was done and now it was over to my colleagues to finish the rest of the leadership work," he told Metro Sunday. "It happens within seconds: the results go up and the outcome is determined. You go through that emotion, it hits you, having worked so hard, and that's it."

Despite the abrupt end to his hard-fought, seven-month leadership campaign, Dewar says he is "happy and content."

"Knowing what a lucky guy I am because of my family and my friends, the team I had around me, I just

took that in and thought we did a pretty good job."

The campaign saw some divisiveness — especially between winner Thomas Mulcair and runner-up Brian Topp — but Dewar says the NDP felt "a unity moment" when all seven candidates appeared on stage together after Mulcair's win.

"We got on stage and looked out on that massive crowd — our biggest convention ever — and saw that they were energized, they were optimistic and positive about what just happened. That emotion washed over all of us on stage," he said.

Alleged shooter has prior record

Man facing first-degree murder charge for Borthwick shooting had obstructed police in December 2010 killing

PAGE 3

Tiger brings the buzz back

Just weeks after another injury scare, Woods dominant in win at Arnold Palmer Invitational

PAGE 24

Don't question quinoa

The 'superfood' is healthy and simple to prepare



PAGE 20

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ByWard Market

Man dragged by car in market

A 29-year-old man suffered a head injury on Saturday after he was struck by a car and dragged in the ByWard Market. The accident occurred near the intersection of George and Dalhousie streets. Paramedics arrived to find the man unconscious. He was treated on scene and regained consciousness before being transported to hospital. He was listed in serious condition. **METRO**

Riverside Drive

Brothers escape house fire

Two brothers in their 60s who woke to the smell of smoke escaped safely from a house fire at 4120 Riverside Dr. on Saturday. Ottawa Fire Services said they received the call at 2:56 a.m. The brother of the owner suffered an ankle injury and facial lacerations while he escaped the blaze. He was taken to hospital. **METRO**



The scene of the fire on Riverside Drive. CONTRIBUTED

Wincanton Drive

Two treated for smoke inhalation

A 30-year-old woman and a 10-year-old girl were treated for minor smoke inhalation early Sunday in a fire at 512 Wincanton Dr. Damages are estimated at \$100,000 for the building and \$50,000 to its contents. **METRO**

Construction site

Worker survives three-storey fall

A 47-year-old man suffered rib injuries on Saturday after he fell three storeys from a scaffold at a construction site on Michael Cowpland Drive. The man's fall was broken several times when he hit planks and scaffold X-frames on the way down, paramedics said. He was wearing a helmet and was transported to hospital in stable condition. **METRO**



Ottawa police forensic investigators continue their examination of the home at 777 Borthwick Ave., where Khalid Doreh, 20, was shot dead. STEVE COLLINS/FOR METRO

Shooting suspect has record of murder-scene cleanup

Borthwick neighbourhood. Neighbours in east-end district shocked by shooting that killed one man and injured two others on Friday



JOE LOFARO
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A man facing a first-degree murder charge after a fatal shooting on Borthwick Avenue on Friday has been in trouble with the law before, having obstructed police in the December 2010 killing of an Ottawa teenager.

Police said Zakaria Dourhnou, 19, of Gatineau, was charged Saturday with one count of first-degree murder in the death of Khalid Doreh, 20, of Ottawa. Dourhnou is also facing two counts of assault using a

weapon in the shooting incident, which sent two other men to hospital.

One man remains in hospital with injuries and another man was released after receiving medical treatment, police said on Saturday.

In December 2010, Dourhnou was charged with being an accessory after the fact when he was arrested for cleaning out a car in which Yazdan Ghiasvand Ghiasi, 16, was killed.

In March of last year, he pleaded guilty to a lesser charge of attempting to obstruct police and breach of probation.

Dourhnou appeared in a show-cause hearing Saturday for the Borthwick shooting. Police wouldn't confirm or deny reports that they are looking for an alleged shooter.

A spokesperson for the major crime unit said Sunday that the investigation continues.

Impaired-driving charge. Teen in critical condition after vehicle rollover

A 17-year-old was rushed to hospital in critical condition with head trauma early Sunday morning as a result of a single-vehicle rollover near Innes Road and Frank Kenny Road.

Police charged James McCarthy, 20, of Ottawa, with two counts of impaired driving causing bodily harm.

The early-morning crash hospitalized four people, three of whom were found conscious by paramedics who were called to the scene at about 1:21 a.m. A fourth person, a 17-year-old man with head injuries, had been "partially ejected from the vehicle,"

said Paramedic Supt. Darryl Wilton.

Paramedics asked the three conscious patients how many people were in the sedan when it crashed and learned there was a fifth occupant, Wilton said.

Firefighters began searching the area to find the fifth person, to see if he had been ejected, and police brought in a K-9. At about 2 a.m., police found him "running through fields," Wilton said.

Other drivers who saw the car pass before it lost control estimated it had been going about 160 km/h in an 80 km/h zone, Wilton said. **JESSICA SMITH/METRO**



Ottawa Greeks stand united

Members of the city's Greek community mark the 191st anniversary of Hellenic Independence Day on Sunday at the Tomb of the Unknown Soldier. Mayor Jim Watson, police Chief Charles Bordeleau and event chair George Christidis attended a wreath-laying to honour Greeks who died in the two world wars and the Korean War. The event was followed by a parade and a flag-raising at city hall. **JOE LOFARO/METRO**

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NEWS

On the mobile



Wonder who's leading the pack in raising awareness of animal rights? Scan the code to find out which celebrities snatched up Humane Society Genesis Awards

On the web

Outrage over teen's death grows

One month after the shooting death of 17-year-old Trayvon Martin, African-American community churches around the U.S. have amplified the cries for justice. Watch Rev. Jesse Jackson speak to a standing-room-only crowd at metronews.ca/video

Budgets in thrifty times

All eyes will be on finance ministers' budgets this week as Ontarians learn the extent of provincial and federal government cuts. Ontario Finance Minister Dwight Duncan, right, will unveil his government's budget Tuesday, and federal Finance Minister Jim Flaherty, left, will follow suit Thursday.

JESSICA SMITH/METRO
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PAWEŁ DWULIT/THE CANADIAN PRESS

Flaherty's budget may mirror Tories' long-term vision

Many local public servants will be hoping to learn their "immediate fate," but the federal budget may or may not contain the number of federal job cuts — that may be revealed by individual departments in the coming weeks, said Allan Maslove, a professor at Carleton University's school of public policy and administration.

"There is going to be some expenditure restraint, and that means, to some extent, downsizing," he said.

Maslove is hoping not to see significant cuts, be-

cause the deficit is already shrinking as the economy improves, he said.

"The best way out of the deficit is to grow their way out," he said. "I would urge them not to do anything drastic in expenditure cuts, because that would actually slow growth."

The budget will also be a chance for Prime Minister Stephen Harper to outline his vision for his majority government, Maslove said.

"I think we're going to see them signalling some longer-term measures in the budget," he said.

"One they've pretty much advertised is there's going to be changes to old age security."

Maslove said the budget may reckon with long-term decisions on defence spending — including the potential purchase of F-35 fighter jets, targeted repeatedly by the opposition.

"My guess is they're also going to try to signal a shift away from social spending to more economic infrastructure spending. Old-age security is part of that, but there may be other programs as well," he said.



DARREN CALABRESE/THE CANADIAN PRESS

Will the province follow through on cost-saving recommendations?

The provincial government is expected to be about both politics and economics, as there is a chance that Dalton McGuinty's Liberal government will fall if both the Ontario NDP and Progressive Conservatives reject it.

"My guess is they're going to proceed as if they have a majority, because I think it is highly unlikely they would get defeated," said Maslove.

The budget comes in the wake of a report by Don Drummond, the economist hired by the government to find savings to fight down Ontario's \$16-billion deficit.

The government has already said it won't follow several recommendations — including scrapping or postponing all-day kindergarten.

"I think where the Drummond report may provide more guidance is on health care," said Maslove. "Organizational reform, better health-care practices and so on will not, or should not, eat into the quality or quantity of health care."

"I suspect the biggest contribution of the Drummond report is it will give them cover to do what they decide they're going to do

whether it's in the report or not," he added.

"If they do anything drastic, that's what's going to give them the cover."

Some of Drummond's advice will be followed, including delaying promised increases to the Ontario Child Benefit, which Premier Dalton McGuinty announced Sunday.

The budget will also freeze welfare spending, the premier said.

Promised spending on hospitals may also be delayed, said Maslove.

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New leader won't play Mr. Nice Guy

Layton's successor.

Mulcair vows to match Conservatives for toughness and discipline as new NDP boss

The NDP hit the reset button this weekend, finally replacing the late Jack Layton with a permanent party leader who will provide shading and definition to Canada's 42nd parliament.

Thomas Mulcair steps into the gaping breach left when Layton succumbed to cancer less than four months after his party's electoral breakthrough.

Mulcair, a former Quebec Liberal cabinet minister, arrives just in time for the Conservatives to deliver Thursday's federal budget, their first as a majority and one expected to deliver sweeping changes.

And the new NDP leader

Fightin' words

"We've got to structure an official Opposition that will bring the fight to them like they've never seen before."

New NDP Leader Thomas Mulcair

paid his foes a singular compliment by suggesting the Conservatives' rigour needs to be emulated.

"Right now we're facing a government that's very tough, very well structured, and we've got to do the same thing," Mulcair told reporters on Sunday in his first news conference as NDP leader.

After seven months with the inoffensive caretaker Nicole Turmel leading the Opposition in the Commons, Mulcair brings a far more forceful — Tories say "vicious" — persona to the canvass.

THE CANADIAN PRESS

A brief history of beards in politics



CHRIS YOUNG / THE CANADIAN PRESS

Mission Mulcair:

To beardly go where few have gone before

All but unremarked upon in the NDP's agonizingly slow — and consequently much-analyzed — choice Saturday of Montreal MP Thomas Mulcair to lead Her Majesty's loyal Opposition has been his facial hair. In an age of whiskerless political leaders, it's also something of an image gamble.

Last of the bearded PMs

1894

Not since Mackenzie Bowell in 1894 have Canadians had a bearded prime minister, and Bowell managed the feat without actually running for the office. The Conservative senator got the nod when then-prime minister John Thompson suddenly died. Bowell may not be an inspirational figure for Mulcair. Apart from his dramatic, spade-like facial hair, Bowell's two-year reign was notable for him being the only prime minister to be forced to resign by members of his own cabinet, which he labelled "a nest of traitors."

Quotable



"When I cut my beard off, people say, 'Oh my gosh, Trudeau's back in politics.' I was no longer retiring, just because I'd cut my beard off."

Pierre Trudeau, who briefly grew a beard following an Arctic trek during his few months in opposition in 1979.

Just like Jack

A continual line of facial hair

But perhaps New Democrats are doing their own subconscious image channelling.

Their beloved late leader Jack Layton's thin moustache was something of a trademark, and he stubbornly refused to bow to whispers that it had to go.

The bearded Mulcair, it seems, is going to give it a shot. THE CANADIAN PRESS

Voting. Cyber-attack source not yet determined

The NDP has not called the police to investigate an orchestrated attempt to sabotage the electronic voting system the party used to choose a new leader.

But it's not ruling out the possibility once it unmasks

the hacker responsible for the cyber-attacks.

"What we know is that there was an organized attempt to clog the site," said party president Rebecca Blaikie on Sunday.

THE CANADIAN PRESS

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To infinity and beyond

In honour of Metro's new contest — where one lucky reader will win a trip to space (no joke! Details at metroinspace.com) — we rounded up six other unexpected things that have made it into orbit. You could be next!

METRO WORLD NEWS



A lightsabre

Luke Skywalker's, to be exact. In 2007, to commemorate Star Wars turning 30, NASA took a replica from Return of the Jedi on the Space Shuttle Discovery. According to reports, the force was strong with that flight.



Critters

You've never been to space. But somehow all of the following did get to go: Monkeys, mice, dogs, rats, cats, flour beetles, wasps, a tortoise, meal worms, bullfrogs, fish, spiders, newts, chicken embryos, snails, crickets, sea urchins, bees, ants, hissing cockroaches (what!?) and butterflies.



Legos

Back in December, a Romanian teenager built a shuttle out of Legos and sent it so high (from Germany), ice particles formed on the nose (go to metronews.ca watch the video). It got just to the edge of space before crash landing. Also, just this January, two teens in Toronto sent a Lego man soaring 80,000 feet. But neither of them got as high as Juno, Galileo Galilei and Jupiter, three Lego figurines sent on a NASA probe Aug. 5.



Golf club

Who was the first person to hit a golf ball on the moon? Astronaut Alan Shepard, in 1971. The two drives sent the ball "miles and miles." Look up and, at nighttime, you can still see it fly. Make a wish.



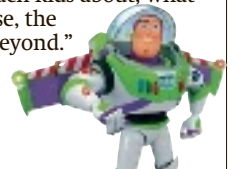
Scottie from Star Trek

Well, he almost made it. After his death in 2005, actor James Doohan, a.k.a. "Beam Me Up" Scottie, requested a portion of his ashes sent to space. But on the third try, the rocket carrying it exploded over the Pacific Ocean.



Buzz Lightyear

To infinity and ... et cetera. The Toy Story hero was the eighth astronaut on a Discovery mission to the International Space Station, back in 2008. He lived there for six months, appearing in videos to teach kids about, what else, the "beyond."



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New depths. James Cameron dives to deepest spot on Earth

Hollywood icon James Cameron has made it to Earth's deepest point.

The Canadian director of *Titanic*, *Avatar* and other films used a specially designed submarine to dive nearly 11 kilometres, completing his journey a little before 8 a.m. Monday local time, according to Stephanie Montgomery of the National Geographic Society.

He planned to spend about six hours exploring and filming the Mariana Trench, about 320 kilometres southwest of the Pacific island of Guam.

His arrival at a depth of 10,898 metres came early Sunday evening on the U.S. East Coast, after a descent that took more than two hours. The

Risk

10.9

One of the risks of a dive so deep is extreme water pressure. At 10.9 kilometres below the surface, the pressure is the equivalent of three SUVs sitting on your toe.

scale of the trench is hard to grasp — it's 120 times larger than the Grand Canyon and 1.6 kilometres deeper than Mount Everest is tall.

Cameron made the dive aboard his 12-ton, lime-green sub called *Deepsea Challenger*. He planned to collect samples for biologists and geologists to study. **THE ASSOCIATED PRESS**



Show of support for slain teen

Patrick Mulchay, centre, joins other congregants in song during a service at Middle Collegiate Church in New York on Sunday. Churchgoers were invited to wear hoodies to services to show their support for justice in the case of Trayvon Martin, an unarmed black teenager who was wearing a hoodie on the night he was killed by a neighbourhood watch captain in Florida. **SETH WENIG/THE ASSOCIATED PRESS**

7.1-magnitude. Powerful quake rattles central Chile coast

A magnitude-7.1 earthquake struck central Chile Sunday night, the strongest and longest that many people said they had felt since a huge quake devastated the area two years ago. There were no immediate reports of deaths or major damage.

The quake struck at 7:30 p.m. about 27 kilometres north-northwest of Talca, a city of more than 200,000 people where residents said the shaking lasted about a minute.

Buildings swayed in Chile's capital 219 kilometres to the north, and people living along a 770-kilometre stretch of Chile's central coast were briefly warned to head for higher ground.

Residents were particularly alarmed in Constitucion, where much of the coastal downtown at the mouth of a river was obliterated by the tsunami caused by the 8.8-magnitude quake in 2010.

Panic also struck in Santiago and other cities, with people running out of skyscrapers, and many neighbourhoods were left partly or totally without electrical power. Phone service was disrupted by heavy use.

"There are some injuries but nothing serious," said Interior Minister Rodrigo Hinzpeter, who was serving as acting president while Sebastian Pinera is on tour in Asia.

THE ASSOCIATED PRESS

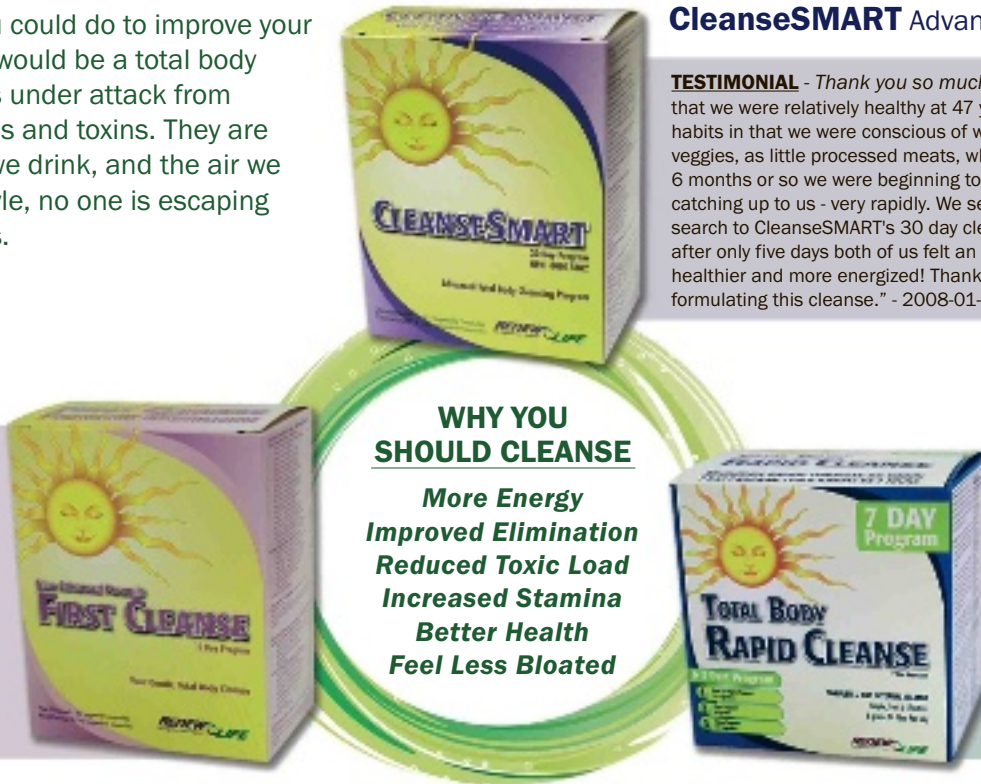
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TESTIMONIAL - Thank you so much! "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

Rapid Cleanse

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TESTIMONIAL - Excellent! "I tried this because I was feeling sluggish with achy muscles, I now have more energy then I have had in a long time. Excellent product! I will likely try the 30 day CleanseSMART cleanse when I have the time but for a quick feel good solution this is the answer." - 2009-09-15

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The sequel



Here's what's new in Angry Birds Space:

- "We retain many of the core elements of the familiar game ... but take it to the next level by adding innovative elements like zero-gravity and new characters," says Petri Järvielto, executive vice-

president of games at Rovio Entertainment.

- "You have to think about how to make the birds go around the planets and hit the pigs," adds creative director Peter Vesterbacka. "It's also a new take on the classic Angry Birds game."
- Angry Birds Space features 60 levels and a new bird that "revolutionizes" the game.

MICHELLE CASTILLO/MWN



Reach for a game and 'get away'



ELISABETH BRAW
Metro World News

Peter Vesterbacka is known as Mighty Eagle, and he's the guru behind the Angry Birds games. Metro met Vesterbacka, who was, as usual, clad in an Angry Birds hoodie, at the Finnish Embassy in London.

Extremely busy people spend hours playing Angry Birds. What does that tell you about human psychology?

Everybody is busy nowadays. Angry Birds is a break that allows you to get away, even if it's just for a few minutes, so they can then get back and focus on their task. It's a very healthy habit. It's like vacations: People in Nordic countries take long vacations, but when they work their productivity is very high. Angry Birds, and vacations, is like doing maintenance on yourself.

Recently, a magazine calculated that Angry Birds costs

the U.S. \$1.5 billion in lost productivity each year. Do you feel guilty about that?

That's bulls-t.... It's not like people are always working. Look at the proportions. People play Angry Birds for perhaps two hours a month — but they spend 158.5 hours per month watching TV. And when you watch TV you lean back and watch the screen. When you play Angry Birds you lean forward and engage your brain. You're active, not passive.

So Angry Birds is a way of re-charging one's brain?

Absolutely. Playing games is actually a very good thing to do.... Incidentally, it's the same reason we're launching the Angry Birds activity parks. Why not make physical activity fun?... With our activity parks we want to make physical activity a fun thing to do. We want the Angry Birds activity parks to be all over cities ... so you can easily walk or ride your bike to one.

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HUMDRUM CITY A GREAT PLACE TO COME HOME TO



**URBAN
COMPASS**
Steve Collins
ottawa@metronews.ca

Some may scoff, but Ottawa's the best place in the country to live, this according to no less an authority than MoneySense magazine, "despite all the nay-sayers who knock its nightlife

and frigid temperatures."

MoneySense rated Ottawa first out of 190 cities for the third year in a row, not because of any conspicuous excellence (we ranked in the top 10 nationwide only for transit and culture) but because of decent scores in all the areas the survey measured, including walkability, access to health care and a low crime rate. "Ottawa: Pretty OK at Everything" may not be the most stirring slogan, but it seems accurate.

And while it's true that by the numbers this is a pretty safe city, a man was shot dead on my street Friday.

The police still had a couple of cruisers idling outside the house yesterday where Khalid Doreh was killed and two others injured. They say the shooting was gang-related. Some of my neighbours may be Crips, apparently. Who knew?

My neighbourhood is typical Ottawa, liveable, less-than-flashy and hardly known as a hot spot for crime. Last month, my homeowners' association had a meeting to discuss the area's most pressing problem: parking enforcement.

The shooting was a shock, of course, but it didn't change how safe I feel. One awful incident isn't about to make me buy a gun or vote Conservative. I didn't throw my winter coat away just because it got weirdly warm last week.

Crime statistics are no comfort to its victims, but this shooting was the city's second homicide of the year. Last year, we had a total of 11. Edmonton had 48.

I still live on a good, boring street in a good, boring city. People may go elsewhere to find excitement, but they have a way of coming back.

Bad boy ex-pat

"Living in Kanata kind of made us into fun ninjas because we were in the middle of nowhere, we had nothing going on, and we just learned to make s-t fun."

Gavin McInnes, co-founder of Vice magazine

Gavin McInnes, the poorly behaved co-founder of Vice magazine, lives in New York but grew up here, and says the place's dullness was a major influence on his wildness.

"Living in Kanata kind of made us into fun ninjas," he said, "because we were in the middle of nowhere, we had nothing going on, and we just learned to make s-t fun."

McInnes was back in town last week to promote his book, the delightfully titled *How to Piss in Public: From Teenage*

Rebellion to the Hangover of Adulthood. I felt bad enough sitting next to the nice lady on the bus while I read it, and even worse when I started laughing out loud.

The book is full of filthy stories so outlandish (Chapters include *Stomped By Very Stylish Nazis* and *The Time I Gave Myself an STD*) they pretty much have to be true, but when McInnes comes home to visit his parents, the normality is striking.

"I was in town about a month ago. I got in a big fight with my Dad and stormed out, took an early flight back," he recalled. And that was the whole story, straight out of the life of, well, just about anyone, really.

Josh Dolgin, also known as the wonderfully weird rapper Socalled is another Ottawa expat. He's nominated for a Juno, so he'll be back in town for the ceremony this week, staying with his parents.

"Don't worry, my mother charges me," he joked, but he seemed genuinely happy to be vying for the award here in Ottawa.

"It's feels sort of like a homecoming and maybe I have the hometown advantage, you know, home-field, home-ice advantage," he said.

Dolgin's based in Montreal these days, but he still records his albums at Ottawa's Bova Sound. They also mastered Feist's latest album, *Metals*, and her DVD *Look At What the Light Did Now*, both of which are also up for Junos.

For an allegedly ho-hum city, Ottawa seems to produce some remarkably talented, interesting people, even if some end up moving elsewhere. Don't tell anyone at MoneySense.

Irises of sapphire and gold



LORRAINE HUDGINS/REX FEATURES

Eye dandy

Bi-coloured eyes key to kitty's charm

For lovers of cutesy, quirky animals, all eyes are on Speedy the Cat — the white cat born with one blue eye and one gold. This kitty has a feline form of complete heterochromia, a condition that also occurs in some other animals. Graphic designer Lorraine Hudgins, shown at right, took this snap at her workplace. **MWN**

Nice! But I'm allergic



Is this odd-eyed cat yours?

No, she belongs to the owners of the print shop where I work. I thought she would make a good subject for a photograph, so one day I brought in my camera to take some snaps of her. She's very sweet-tempered

but does meow loudly when she wants something — probably because she can't hear herself, as she is deaf.

A deaf pet? Does that not make her a less pleasant companion?

Speedy's deafness and eye condition don't make her any less of a pet. It depends on each animal how valuable they are, but in Speedy's case, she's such a special character! She's a sweetheart, even though she does make me sneeze, as I am allergic!

ANTHONY JOHNSTON/MWN

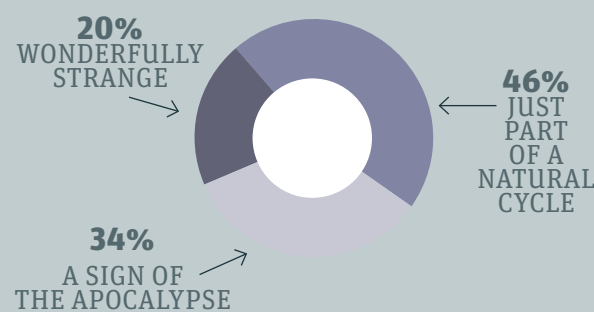
Heterochromia

- **Lack or excess of pigment.** Heterochromia is a genetic condition that stops melanin pigment from reaching one of the irises; the condition can also supply excess pigment.
- **Cats and dogs affected.** The condition most commonly affects white cats with the white spotting gene. White cats with one or two blue eyes are more predisposed to genetic deafness. The disorder is more likely in huskies than in any other animal.



Register at metropolitanpanel.ca and take the quick poll

The unusually warm weather across the country is:



Twitter

@stephdonaheerx

Ommmmmmgggg. Contests to meet @taylorswift13 at the capital hoedown in ottawa. I just entered like crazy. I'll pass out if I win. #loveher

@graameburk

On the train back to Ottawa where VIA Rail's six month streak of decent wi-fi comes to an end

@KeithMarble

Nice ride along #Ottawa river and Rideau Canal today, this spring has been great for #cyclin

@colldebi

Just came back from Ottawa — voted #1 city in Canada. Mmm..nice city..but has nothing on Van on day like this #lovethiscity

@Celena_XO

I wish #Toronto had the same outdoor smoking ban as #Ottawa#cleanair

@soduch

Things I learned at work today: A lot of people have trouble pronouncing Mulclair. It's not Mulclair or Muclair, it's Mulclair. #saymyname



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2

SCENE

Top 5

Weekend
box office

- 1 The Hunger Games, \$155 million.
- 2 21 Jump Street, \$21.3 million (\$5.3 million internationally).
- 3 Dr. Seuss' the Lorax, \$13.1 million (\$5.5 million internationally).
- 4 John Carter, \$5 million (\$22.2 million internationally).
- 5 Act of Valor, \$2.1 million.

HOLLYWOOD.COM

On the Web



Rare movie posters found in Pennsylvania attic fetch \$503,000 at auction; Dracula tops list

Jennifer Lawrence already proved in 2010's *Winter's Bone* that she could play a girl with strength, wisdom and survival instincts beyond her years. Her performance made her the ideal choice to play Katniss Everdeen, the 16-year-old heroine of *The Hunger Games*. Here's a look at five other teenage movie bad-asses — if you're not too intimidated to take them on, that is.

CHRISTY LEMIRE/THE ASSOCIATED PRESS

'The king of Hogwarts'

Daniel Radcliffe in *Harry Potter*: He defeats pure evil. What more do you need? Sure, he starts out as a nerdy, insecure 11-year-old, living a miserable life underneath the stairs at his aunt and uncle's house, unaware of the greatness that dwells within him. But soon he's mastering spells and brandishing his wand with purpose and ferocity. He's the king of Hogwarts. Professors admire him. Friends are loyal to him. Chicks dig him. Everyone knows his name — including Lord Voldemort, who could be using his destructive powers in myriad other ways, but instead chooses to focus them on our young hero. And he probably wishes he hadn't.

Daniel Radcliffe in *Harry Potter* CONTRIBUTED5
teenage
movie
bad-asses
we love to
root for

Teen loner turned detective

Joseph Gordon-Levitt in *Brick* (2005): This is a 1930s-style film noir set in a contemporary Southern California high school. Gordon-Levitt plays Brendan, a young loner who's investigating the murder of one of his classmates. Brendan's looks in no way indicate what he's capable of doing as he digs closer to the dangerous truth. He's slight, fine-featured and messy-haired, perennially dressed in a simple, grey hooded sweat shirt. But he's quick-witted and he can take a punch (the frequency with which he gets his butt kicked is comical), all of which he does for this doomed woman he loved.

Joseph Gordon-Levitt in *Brick* CONTRIBUTED

Sean Penn as a loveable stoner

Sean Penn in *Fast Times at Ridgemont High* (1982): No matter how many roles Penn immerses himself in or Oscars he wins, he will always be Jeff Spicoli to me. Spicoli totally knows how to navigate the system. He orders pizza in Mr. Hand's class — 'cause there's nothing wrong with a little feast on our time — trashes a sports car and turns it into a positive for the school's football team, has fun at all the joiner activities like dances and games but still remains blissfully, obviously cool and above the fray. Of course, he's high the entire time — and we would never condone drug use here in the Five Most space — but Spicoli does graduate. And he saves Brooke Shields from drowning.

Sean Penn, left, in *Fast Times at Ridgemont High* CONTRIBUTED

The blonde arctic warrior

Saoirse Ronan in *Hanna* (2011): Ronan stars as the title character, a blonde-haired, blue-eyed, 16-year-old killing machine. Living with her father (Eric Bana) in a rustic cabin in a remote and unforgiving forest just below the Arctic Circle, she learns to hunt, fight and speak in various languages. Their hand-to-hand combat scenes are quick, intense, visceral — until one day she tells him, "I'm ready." Upon embarking on the journey that's her destiny, she gets captured by government agents who think she's a shy and sheltered little girl. But, uh ... they're wrong. Even Cate Blanchett in fierce Prada heels can't stop her.

Saoirse Ronan in *Hanna* CONTRIBUTED

Pioneer power in pigtails

Hailee Steinfeld in *True Grit* (2010): Her pigtails and her purity make her adorable, but her strong will and resourcefulness make her a force to be reckoned with. Steinfeld made her astonishingly self-assured film debut as Mattie Ross, the 19th-century pioneer girl who sets the story's action in motion, and earned an Oscar nomination for best supporting actress in the process. She was only 13 when she shot the movie, and to say she holds her own with Jeff Bridges, Matt Damon, Josh Brolin and the rest of the cast would be an understatement.

Hailee Steinfeld, right, in *True Grit* CONTRIBUTED

F@#%!
I didn't use
a condom.

Hot, sweaty,
feverish —
feels like the flu.

I'm fine. I'm fine.
I'm just
imagining this.

WTF is this rash
on my stomach?

OK, I want to know
what's going on.
I'm getting tested.

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Hunger takes aim at top box office

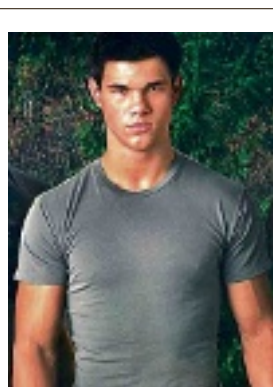
Here's a look at the top-grossing weekend openings in the U.S. of all time, from Twilight to Harry Potter. So where does the highly anticipated release of The Hunger Games fit in?

METRO / THE ASSOCIATED PRESS



\$138.1 million

The Twilight Saga: Breaking Dawn Part 1
The beginning of the end of the beloved Twilight series drew a record number of fans to the theatres, many of whom were excited to see the much-anticipated wedding scene between Bella and Edward.



\$142.8 million

The Twilight Saga: New Moon
Want to watch a love triangle between a human, a werewolf and a vampire? "Sign me up please!" said thousands of Twilight fans on opening weekend.

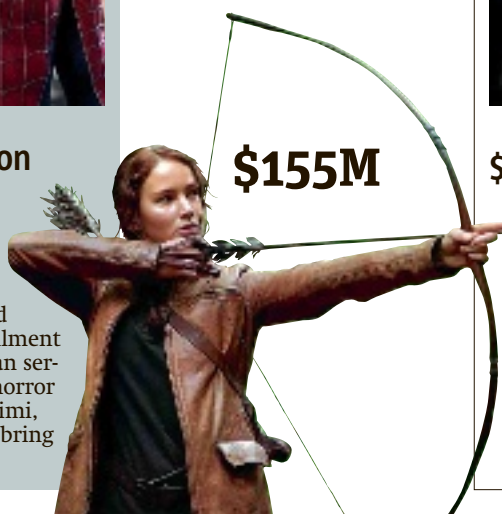


\$151.1 million

Spider-Man 3
Despite being a giant let-down for fans of the comic books and films, this installment of the Spider-Man series, helmed by horror director Sam Raimi, was still able to bring in big bucks.

The Hunger Games has filled fan appetites with a \$155 million opening weekend that puts it near the top of the U.S. record.

The huge haul marks the third-best debut ever in terms of revenue, behind the opening for last year's Harry Potter finale and 2008's The Dark Knight.

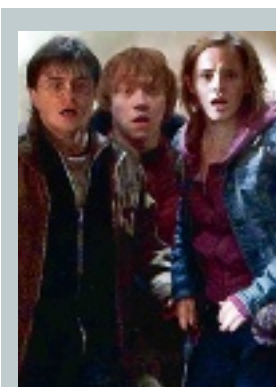


\$155M



\$158.4 million

The Dark Knight
The hype of Heath Ledger's last performance and director Chris Nolan's good track record with the Batman series drew fans to the theatres, and they weren't disappointed.



169.2 million

Harry Potter and the Deathly Hallows
Muggles united at the movies to say goodbye to the boy wizard and his friends in the final installment of the Harry Potter series.

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Wrath of the Titans opens in theatres this Friday. HANDOUT

Rise of Rosamund: from Bond girl to Queen Andromeda

Wrath of the Titans.

Veteran actress has maintained a career that veers between literary works and muscular pulp fictions

CHRIS
ALEXANDER
scene@metronews.ca

Critics may have crushed Louis Letterier's massive-budgeted revisit of early '80s gods and monsters in Clash of the Titans, but cinema goers ensured that it cut through the box office like the sword of Perseus across Medusa's neck.

Still, when it came to dipping their chalice into the mythical well again with the follow-up Wrath of the Titans, Warner Brothers insisted on a few adjustments.

For one, a different director was placed at the helm (Jonathan Liebesman). For another, the lackluster converted 3D of the first was replaced with a much more advanced, effective process.

And interestingly a key member of the cast, the character of Princess (now Queen) Andromeda, was re-cast with classically trained — and classically beautiful — actress Rosamund Pike.

"In Clash (Andromeda) was tied up to be sacrificed to a monster all because of something her mother said, an offending phrase, (and) she had to be rescued," Pike says. "So now she's much different. She's not a victim and refuses to be one."

Already a veteran of U.K. television and trained in the art of the Bard, Pike found Hollywood fame when she was cast as a Bond Girl in 2004's Die Another Die. From there she has maintained a

Action films

"It's total chaos, it fires up all your senses."

Actress Rosamund Pike, on making Wrath of the Titans

fascinating career that veers between literary works like Barney's Version and muscular pulp fictions like Doom and now Wrath of the Titans.

"Barney's Version was lots of fun. It was such rich material," Pike recalls of the experience making the Canadian drama based on the beloved novel by Mordecai Richler.

"But moving from that to the action world especially in a film like Wrath of the Titans, it's total chaos, it fires all your senses as opposed to your mental and intellectual faculties. You're thrown into a maelstrom and you're trying to run from point A to B. There's sort of a primitive skill that's required."

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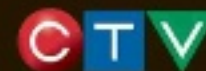


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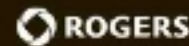
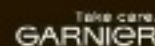
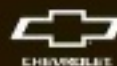
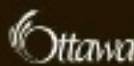
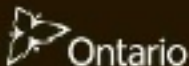
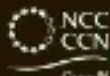
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Lawrence on her favourite hunger buster



Jennifer Lawrence

The Hunger Games star Jennifer Lawrence doesn't go hungry, thanks in part to her friendship with Zoe Kravitz, daughter of co-star Lenny. The two met on the set of X-Men: First Class and hung out on the Games set. "We just went to her

dad's hotel room and got Gummi Bears and HBO," Lawrence told Us Weekly, adding that she loves Skittles candies. "We racked up so many charges. Mr. Kravitz was like, 'Did you guys order a lot of room service?!'"

Kardashian's flour bomb

Last Thursday, someone threw a plastic bag of flour at Kim Kardashian on the red carpet, probably not the first time she's been covered in white powder.

Afterwards, the reality TV star said she wouldn't press charges but now tells E! News: "I said earlier no I wasn't. (But) I am just going to think about it, because I don't want someone to think they can really get away with that. I was laughing it off earlier and, you know, I think that is the only thing I knew how to do at the time."



Kim Kardashian

METRO DISH

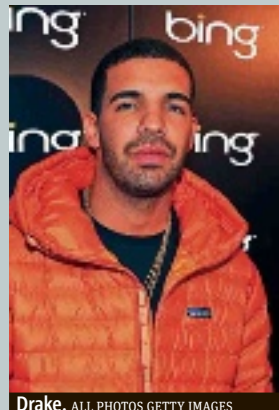
OUR TAKE ON THE WORLD OF CELEBRITIES

Look What You've Done

Club owner wants Drake to pay for pot bust



THE WORD
Dorothy Robinson
scene@metronews.ca



Drake. ALL PHOTOS GETTY IMAGES

A rapper smoking weed? Not that surprising. A rapper smoking weed in Oklahoma City? Well, also not that surprising. What else is there to do in Oklahoma City?

Earlier this week, Drake, the former child star turned loverboy, was reportedly responsible for a huge cloud of pot smoke in a VIP area, which caused the Dollhouse Lounge to close down — even though they opened for the night especially for him, according to TMZ. But here's where the story gets weird: The spot's manager claims that once he and the staff smelled the smoke, they shut the party down. Then the cops came (apparently to help "restore

order") and they discovered a half-burnt joint where Drake and his entourage were previously hanging. So they arrested the club manager — not Drake — and now the manager is mad and wants Drake to help him out with the various tickets that amount to several thousands worth, according to TMZ.

A half smoked joint found in an ashtray causes not only an arrest but also a lawsuit? "Crime" in Oklahoma City is just adorable. What do club owners expect when they rent out a club to a world-famous rapper and his entourage? A knitting circle?

Jolie takes on leg haters

After her striking pose caused headlines at the Oscars, Angelina Jolie, whose right gam and odd gunslinger pose launched a meme, a Twitter feed and impersonators, now tells the Huffington Post: "I honestly didn't pay attention to it. You know what I mean? I don't watch those TV shows, and if I go online and see something about myself, I don't click on it."

"And the people I surround myself with don't really talk about this kind of stuff. I heard something, but I didn't pay any attention. It's as simple as being a woman picking a dress you like and having a night and not really thinking about anything else."

Oh, come on Angie! Can't you ever admit when you do something ridiculous?



Angelina Jolie

Twitter



@wayansjr

#thatawkwardmoment when you're about to get some, but you want her to take a shower first because she's been dancing A LOT



@katyperry

Is anyone still traumatized by the idea that you might get eaten by an escalator if you miss a step or have a lose thread on your sweater?



@azizansari

Is Hunger Games about a girl facing a series of challenges and hurdles during lunchtime to get tasty tacos? #MyLifeStoryDog



@AlbertBrooks

Dick Cheney gets new heart! Not to be confused with compassion.

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3

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Food allergies

Commercial tests that claim to determine if a person has food allergies, sensitivities or an inability to tolerate certain foods are a waste of money, warns a Toronto allergy specialist.

Dr. Elana Lavine says the tests, which can cost hundreds of dollars, look for an antibody reaction to a whole range of foods. When they find a response with an antibody known as immunoglobulin G or IgG, they characterize the result as unhealthy, suggesting the existence of either a food allergy, an intolerance or food sensitivity.

But Lavine says that it's a misreading of what an IgG reaction means. Science isn't 100 per cent sure what an IgG response actually signifies, she said, but it is thought to mean that a person has already encountered the proteins in that particular food and may even have developed a tolerance to them.

THE CANADIAN PRESS

On the Web



Teachers, parents, writers explore yin-yang of Titanic for kids ahead of wreck's centennial



Is your dad like the guy from Up? PIXAR

Avoiding the 'oh no, grandpa's here' reaction

Grandparents. 'Discipline as normal,' and other great tips for when the folks visit you and the kids

A good friend of mine recently returned home after a month in Australia completely deflated.

It was, she said, a time of dashed expectations, misunderstandings and tension even her three-year-old picked up on.

Not only was she no longer speaking to her parents, but her marriage was strained, the kids had suffered — nobody was left unaffected by the fallout from two households colliding.

A lot of our friends listened to her tale of woe with disbelief, but I found it rather familiar.

A family's baser characteristics only tend to magnify themselves when one of the members moves

away, as I did, 10 years ago.

Naively, I'd expected our little differences to disappear into all the empty miles between us.

But when quality time together is short, the pressure to make the most of it can cause some major explosions.

Here's some tricks to manage the chaos that surrounds a family visit.

First the practical

- Each relative gets a transport pass, a set of car keys (though my parents would never drive in a foreign city), maps and guidebooks.

And we keep a dish with change by the door in case anyone needs it.

- My parents cross five time zones when they visit, so we've experimented with putting our own clocks back an hour or two (at least in spirit) for the first day or two they're here.

It gets everybody moving at a similar pace and helps them feel a bit more normal.

- Most grandparents are happy to babysit — even without being asked.

My parents don't fall in that category.

So if my husband and I have other plans when they're visiting, we reserve a sitter, then ask nicely, once they've settled in.

If they're happy to comply, we cancel the sitter. We also make sure they know they have the freedom to come and go as they wish — especially in the evenings.

- If you need your parents to help out with the children now and then, make sure they have time for a siesta in the late afternoon.

We all need a break during the witching hour.

- Making the long trip to see us is a big deal for our families, so we make sure there's time for a touristy outing: a weekend in the

country, a museum visit or a night at the theatre.

Once the practicalities are out of the way

- Write a list (and keep it out of sight) of the things about your visitors that bother you but that you cannot change. Anticipate them and try to avoid them, then if you are confronted, they'll be easier to ignore.

- Blather on all you want about yourself, your children, your job, but don't forget to ask about their lives — theirs are not over yet.

- Stand by your parenting. Discipline as normal. Keep your routines. If your parents want to get involved, they should know they do so at their own peril. (I shudder to think how I would have turned out had my mother let her moth-

er control her parenting choices.)

- A special family visit is not the time to air lifelong grievances. When you catch yourself about to scream: "You always do this," or "Can't you just for once..." run to your room and simmer on your own. Even if you slam a door or throw something up there, nobody should mind — as long as you return in good spirits.

- Don't apologize or feel guilty for having moved away from home. Every generation has to adjust to its own unique circumstances and you've done the best you can.

- Plan the next family visit while your parents are still there — that should give everyone something to look forward to. If you can book your tickets then and there, all the better.

ELLEN HIMELFARE OF
MOMMYISH.COM

Encourage kids to get creative and crafty

Crafts. These 10 essentials for a craft cupboard will have your little ones building castles, rocket ships and much more

As the days get longer, many parents are searching for meaningful ways to keep children occupied. So what better time to make sure your family's crafts cupboard is well stocked and up to date?

Here are 10 essential arts and crafts items that are easy on the budget and simple to use.

1. Age-appropriate scissors. Even children as young as three can begin using safety scissors

with supervision. Pay attention to age recommendations on packaging. Let tiny tots cut pictures out of old magazines to make a collage. Older kids can snip favourite shapes for all sorts of projects.

2. White craft glue or glue sticks. Little hands can manipulate glue sticks more easily than liquid glue, and parents can better control how much is used. Kids who can handle squeeze bottles may also enjoy coloured or glittered glues.

3. Construction paper. It's not just solid colours anymore. There are printed patterns and glittered pages, and fade-resistant papers that will keep projects looking cheery longer. Let young children paste strips of paper onto another piece for a simple project. Older children

can practice origami, among other projects.

4. Felt and craft foam. Both add durability and texture to artwork. They're also more budget-friendly than many fabrics, and felt won't fray. Craft foam can be bought in precut shapes, from trucks to dolls to holiday decorations.

5. Markers and crayons. Washable is the word for many households when it comes to markers. Besides traditional markers, there are ones you can use on windows or dry erase boards. Crayons are one of the least expensive craft items.

6. Paints and brushes. Young children should use non-toxic paints, and most parents prefer washable. Finger paints are perfect for even the tiniest tots.



Encourage creativity by getting the kids involved in crafts. ISTOCK

As kids enter preschool, they'll move on to tempera paint and large brushes. Then it's smaller brushes and watercolours for grade schoolers, and acrylic craft paints for older kids.

7. Popsicle sticks or pipe cleaners. Pipe cleaners are a colourful way to bind together other materials. Young children can create a caterpillar with an empty toilet tissue roll and pipe-cleaner antennae and appendages. Popsicle sticks give artwork structure and are super cheap. You can paint them, colour them or glue on

embellishments.

8. Yarn. Another item that comes in just about any colour. Create yarn pompoms and add felt eyes, ears, feet and hands to make soft monsters, bugs or animal friends. Make a picture frame with Popsicle sticks tightly wrapped in colorful yarn. Embellish for a keepsake.

9. Masking tape. Relatively easy for tiny fingers to manipulate, and can hold together sculptures made from household goods. Turn a piece of newspaper into an Easter egg

by crumpling it and covering it with tape to hold its shape. Paint any way you choose.

10. Embellishments. Once you've got the other essentials, add some extras to jazz up craft time. Kid favourites include pompoms, feathers, plastic gemstones, stamps, stickers and glitter. Dollar bins are a great place to find them. Look for paper punches that make shaped holes such as cupcakes and snowflakes. Or you might find colourful beads or sequins for cheap.

THE ASSOCIATED PRESS

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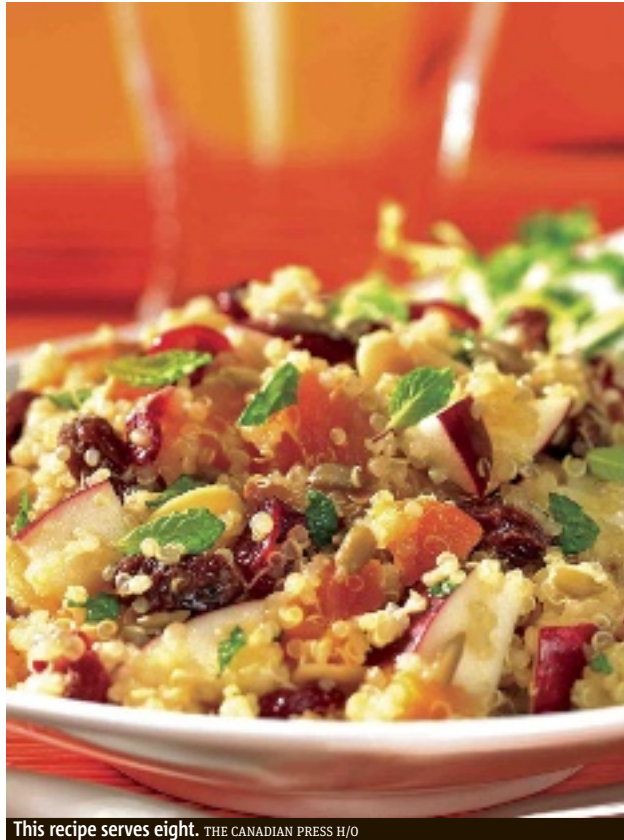
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Cooking the 'superfood' quinoa can be simple to do



This recipe serves eight. THE CANADIAN PRESS H/O

Nutty & Fruity Quinoa Salad. Topping this salad with Maple Vinaigrette offers a perfect combination of healthy ingredients

1. In a saucepan, bring water and quinoa to boil. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for 5 minutes. Fluff with a fork.

2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Drizzle with maple vinaigrette and toss again to coat evenly.

3. Vinaigrette: In a jar, combine maple syrup, vinegar, mustard, oil and water. Seal and shake until well blended. Store in the refrigerator for up to 1 week, shaking well before use. **COOK! BY THE DIETITIANS OF CANADA (ROBERT ROSE INC.,**

Ingredients

- 500 mL (2x cups) water
 - 250 mL (1 cup) quinoa, rinsed
 - 125 mL (1/2 cup) sliced almonds
 - 125 mL (1/2 cup) coarsely chopped apple
 - 125 mL (1/2 cup) coarsely chopped dried apricots
 - 50 mL (1/4 cup) toasted unsalted sunflower seeds
 - 50 mL (1/4 cup) dried cranberries
 - 50 mL (1/4 cup) raisins
 - 30 mL (2 tbsp) finely chopped fresh mint
 - 125 mL (1/2 cup) Maple Vinaigrette (recipe follows)
- Maple Vinaigrette**
- 75 mL (1/3 cup) pure maple syrup
 - 50 mL (1/4 cup) cider vinegar
 - 50 mL (1/4 cup) honey mustard
 - 30 mL (2 tbsp) canola oil
 - 30 mL (2 tbsp) water

2011)/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA)

Healthy eating

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While Cultures bills itself as a healthy alternative to fast food, some of the items on its menu are anything but.

Cultures Tuna Wrap

430 cal, 17 g fat, 700 mg sodium
Tuna with all those omega fatty acids sounds so healthy, but when packed with oil and mixed with high-fat mayonnaise, you have excess calories and fat.



Equivalent

Because of the oil and high-fat mayo, just one Tuna Wrap from Cultures is equal to 17 cans of tuna packed in water and fat.



Grilled Chicken Wrap

280 calories, 5 g fat, 450 mg sodium

Whenever you hear the word 'grilled,' you're better off. You can add your own veggies and avoid any mayo or excess fat.



Team high-protein quinoa with nutritious turkey in stuffed peppers

Quinoa is an amino-acid-rich protein seed that has a fluffy, slightly crunchy texture and a mild nutty flavour when cooked.

Mixed with ground turkey, spinach, mushrooms and goat cheese, this super nutritious stuffing is baked in red peppers for a protein-rich meal.

1. In a saucepan, bring the chicken or turkey broth to a boil over medium-high heat. Stir in quinoa and

simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.

2. Meanwhile, in a large non-stick skillet, heat oil over medium-high; brown turkey, breaking into small pieces with the back of a spoon. Transfer to a plate and set aside.

3. Cook onion until tender and golden, about 7 minutes. Stir in garlic, salt and red pepper flakes and cook for 1 minute. Stir in mushrooms and cook until golden and no liquid remains.

4. Remove from heat and stir in spinach and quinoa. Sprinkle with goat cheese. (Make ahead: This mixture can be made up to 2 days in advance.)

5. Spoon mixture into hollowed peppers and bake in a 190 C (375 F) oven until peppers are tender crisp and filling is hot, about 20 minutes.

Ingredients

- 250 mL (1 cup) turkey or chicken broth
- 125 mL (1/2 cup) quinoa
- 10 mL (2 tsp) vegetable oil
- 500 g (1 lb) ground turkey
- 1 onion, minced
- 2 cloves garlic, minced
- 2 mL (1/2 tsp) salt and red pepper flakes
- 500 mL (2 cups) chopped cremini mushrooms
- 1 L (4 cups) chopped spinach
- 50 mL (1/4 cup) crumbled goat cheese
- 4 large red bell peppers, tops cut off and ribs removed

THE CANADIAN PRESS/ ONTARIO
TURKEY (MAKEITSUPER.CA)

Quinoa-Stuffed Peppers



This recipe serves four. THE CANADIAN PRESS H/O

Reconnecting children with nature — one tree at a time

ChariTREE is helping get children back outside. They have delivered more than 30,000 saplings to kids across Canada

BEN KNIGHT
life@metronews.ca

One of the simplest ways to connect with nature is to plant a tree.

And ChariTREE is a small Canadian registered charity that helps young children do exactly that.

"Our entire focus is giving trees to children," says founder and executive director Andrea Koehle Jones.

"If they plant the tree, it's empowering them, too. It makes them think positively — that they're helping the

Get outside

"Research studies show kids have much more confidence if they get time to spend outside. Pull them away from the TV. Get them away from the video games."

Andrea Koehle Jones of ChariTREE, speaking about their program to get kids more involved with nature.

planet, and that they have power to make it a better place."

Jones founded ChariTREE on Earth Day, 2006.

She has since delivered more than 30,000 trees to Canadian schools and summer camps.

"The teachers come to me and they ask for trees," she explains.

"They're already teaching

By the numbers

730

The average kilograms of carbon a typical tree will absorb during its lifetime — about 80 per cent of one ton.

kids great things about the environment, but they don't have the money to be buying trees, or the time to search out the right species and have them shipped in. So we do that work for them for free."

If a school is short of trees on its property, the planting can happen there.

If not, children can take their saplings home — and have their own tree growing with them throughout their lives.

"One of the biggest things about what I'm doing is trying to get kids outside more

— giving them more opportunities to connect to nature. I grew up in Toronto, and now I live on a tree-covered island in British Columbia. Many children won't get that opportunity. So giving them a tree — putting a tree in their hands — is an opportunity to get them outside at the simplest level."

Kids planting their trees at summer camp get to see it every summer when they return.

This gives them a tangible sense of how nature works over time.

"Research studies show kids have much more confidence if they get time to spend outside," Jones notes.

"Pull them away from the TV. Get them away from the video games."

"The tree is just a tool for the greater cause of getting kids back outside."

For more info — or to make a donation, visit charitree.ca.



ChariTREE is planting an idea in kid's minds ISTOCK PHOTO

Queen of Green

Don't let the bed bugs bite



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are eco-friendly options to prevent and kill bed bugs?
Debbie of Edmonton

To prevent bed bugs, keep clutter to a minimum. Bed bugs thrive in clothes, newspapers and piles of stuff in general.

And stay vigilant. Watch for notifications within your apartment building, local libraries and hotels. Check the Internet for bed bug identification tips, so that you can report them immediately — before they spread.

Generally speaking, high heat or extreme cold kills bed bugs. Try these tips from my friend, Adria Vasil, author of EcoHolic, if you already have bed bugs:

- Steam clean your mattress and then fit the mattress with a tightly woven barrier sheet (organic cotton barrier sheets will also keep out dust mites).

- Wash everything, including curtains, bedding and removable upholstery



in hot water. (You may need to do this more than once.)

- Physically remove bed bugs with the vacuum and then carefully empty and clean the vacuum canister and filter.

- Sprinkle diatomaceous earth around baseboards.

- Try an enzyme-based product like Kleen Green.

Diatomaceous earth is also used to control silverfish, fleas and roaches in the home. Sprinkle a small amount along cracks and baseboards, or above the cupboards. Naturally occurring diatomaceous earth is made from crushed fossilized algae. This fine powder is like glass. It is so abrasive that it damages

the protective outer shell of creepy crawlies. When that protective exoskeleton is pierced, insects dry up and die. Ask for it at your local garden store.

Kleen Green is an organic blend of enzymes specifically designed to naturally remove and eliminate dirt, germs, bacteria, odours and pests, including bed bugs, lice, scabies, crabs, fleas, mites and more. I've never used this product but it beats toxic pesticides, so it could be worth a try! It claims to be non-toxic, no-residue formula, non-flammable, hypoallergenic and biodegradable.

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Alison Parker, film producer and director. PROVIDED

Of finding a career in filmmaking and a ferret named Falcor



THE IN-CREDIBILITY FACTOR
Teresa Kruze
tife@metronews.ca

Spotlight on success. From high school dropout to feature filmmaker

Alison Parker used to work at a sandwich shop in Vancouver just down the road from Columbia Academy.

"One day I took off my apron and walked across the street. They convinced me to apply. I went from a high school dropout to audio student of the year in 2002."

Alison got into the film industry and three years ago became a director. She also adopted a pet ferret named Falcor.

Upset at the way ferrets were being portrayed in the movies she decided to make a short film to chal-

Determination

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen."

Alison Parker, director of Jake and Jasper, A Ferret Tale

lenge the negative stereotypes. Through sheer determination she raised the funds, found sponsors and convinced many of the cast and crew to volunteer their time.

Jake and Jasper: A Ferret Tale starring Falcor, Connor Stanhope, Andrew Jackson, Blu Mankuma and featuring the music of the Crash Test Dummies is a hit at several international film festivals. Parker is now in pre-production on her first feature-length movie.

"I didn't know it was going to be as big as it was with an all-star cast but I

Lights, camera, advice!

Alison's advice to aspiring filmmakers

- Make films on what you know.
- Be original.
- Be passionate about it. If you love it chances are other people will love it too.
- Use social media daily to promote and grow your fan base.
- Make a clever, great quality promo to help raise funds.

See Alison's hilarious and successful fundraising video at theferretmovie.com.

knew in my heart I could make it happen. I'm proud to say I turned my life around. It's never too late."

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Junior, meet your life coach

Here to help. A number of parents are pairing their children up with a supportive life coach rather than a therapist

Life cwoaches have become the go-to fad for quarter to mid-life crises sufferers over the last decade, but who says you have to be a grown-up to

need a little extra guidance?

Apparently, a growing number of children in NYC are finding themselves distraught over all the responsibilities they're faced with including demanding homework assignments from posh private schools and vying for the lead role in community theatre productions.

As DNAinfo reports, parents worried about their children's inability to work towards goals can recruit a life coach, including one from the

91st Street Academy. There, children can find support and guidance for problems like school troubles, balancing extracurricular and concentration issues — you know, stuff parents don't want to deal with.

The DNAinfo piece tells the story of a troubled third-grader who simply could not stop misplacing his books and jacket. Life coaching, according to his parents, was the answer.

So what's the difference,

anyway, between a life coach and your run-of-the-mill shrink? According to 91st Street Academy, "Counselling looks backward at past issues and events while coaching looks forward toward setting steps and goals for the future."

Well since kids don't have a past that spans more than a decade and a half or so, life coaching is perfect for them.

For about \$300 a month, a life coach will work with a kid once a week for three hours.

METRO WORLD NEWS IN NEW YORK

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The way to go when the answer is 'no'

Thanks for coming out. Each job hunt isn't a success story, but the way we bounce back from rejection can speak volumes about our character

JULIA WEST
Metro World News in Philadelphia

The job market is difficult, sure, but knowing how to deal with job rejection will give you the edge over your competition.

Don't get downtrodden, don't feel hopeless and, whatever you do, don't take it personally.

Process what went wrong

Don't beat yourself up — just examine what happened and plan how to make a better impression in the next interview.

"Monday morning quarterbacking has a place," says re-

lationship advisor and author April Masini.

"Rejection is always an opportunity to build on who and what you are."

Get back in the networking game

There's no reason to be embarrassed that you need a little extra help.

Reach out to the connections you already have — they might be the link between you and your next job.

"Avoid cold-calling by working with your existing contacts to help introduce you to others," suggests Michelle Coussens, dean of the School of Business at Kendall College.

"So many people have lost jobs, they are often happy to help someone else in their search."

Keep applying

Don't waste a minute waiting for a company's response to your job application. Stop refreshing your email and continue on with your search for that elusive new job. The

The specific CV

Give yourself a better chance at scoring the job of your dreams:

- **Avoid the interview crickets.** Make sure your resumé is tailored to each position for which you're applying.
- **"People often have the wrong resumé,"** says career psychologist Eileen Sharaga. "They want to be all things to all people, but they need to focus a resumé that clearly positions them in a specific job."

more you dwell, the less ahead you will get.

"If you don't get this one, you'll have other irons in the fire, which, psychologically, is a much better position to be in when you get a rejection letter — rather than having to start from scratch with the weight of the [rejection] on your back," says Masini.

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4

SPORTS

In brief

Nedohin leads Canada to bronze

Canada's Heather Nedohin won the bronze medal at the women's world curling championship on Sunday in Lethbridge, Alta. Her Edmonton team defeated South Korea's Ji-Sun Kim 9-6. The South Koreans had knocked the Canadians out of contention for gold Saturday with a 4-3 win in a playoff game, but the Canadians won the rematch. Switzerland's Mirjam Ott defeated Sweden's Margaretha Sigfriddson 7-6 in the gold-medal match on Sunday evening.

THE CANADIAN PRESS

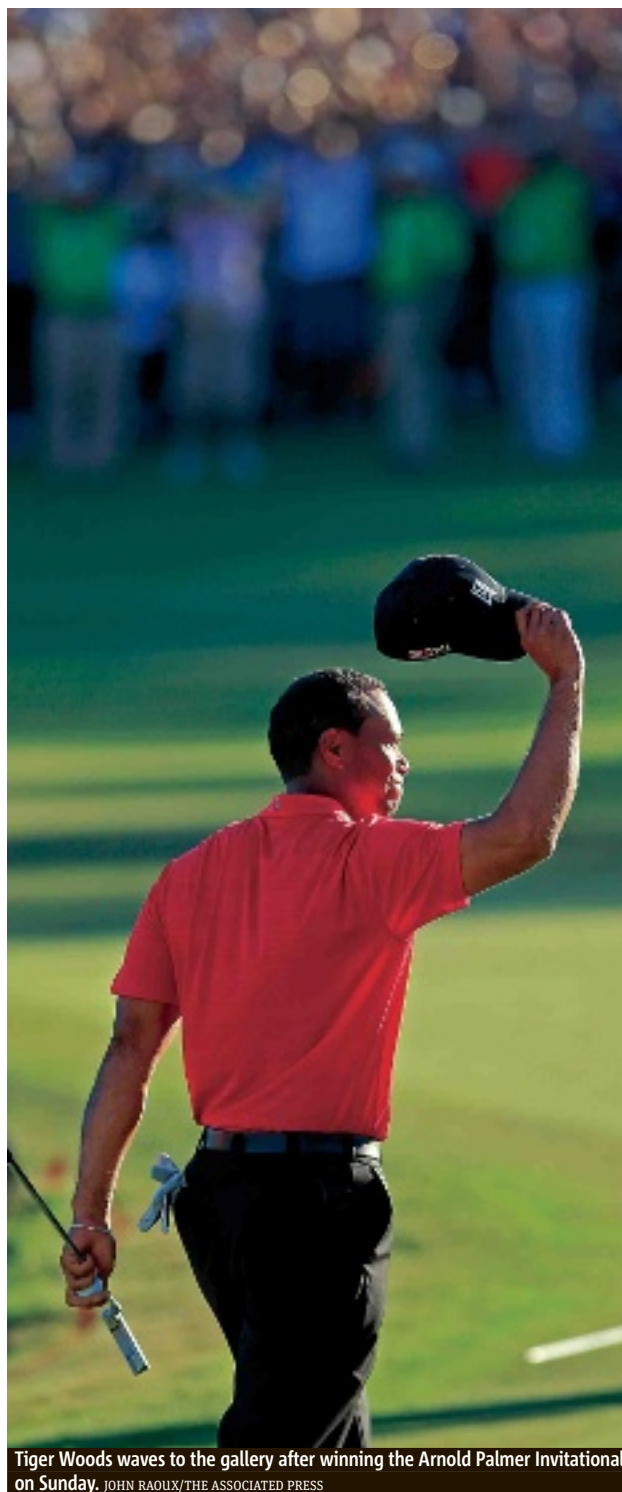
Senators preview

Ottawa at Winnipeg 8:30 p.m.**(Sportsnet East)**

The Senators (38-28-10) travel to Winnipeg (35-32-8), where the Jets are six points out of a playoff spot. Ottawa defeated Pittsburgh 8-4 on Saturday night. Daniel Alfredsson had four points, bringing his season total to 54. Ben Bishop (lower body) was injured in the second period of Saturday's win and is questionable for tonight. Ondrej Pavelec has started in 11 straight games for Winnipeg, going 5-6-0 in that span. Blake Wheeler hasn't scored in six games following a six-game, six-goal streak.

THE CANADIAN PRESS

Woods serves notice ahead of Masters



Tiger Woods waves to the gallery after winning the Arnold Palmer Invitational on Sunday. JOHN RAOUX/THE ASSOCIATED PRESS

Golf. Embattled star returns to winning ways on PGA Tour with victory in Orlando

Tiger Woods finally brought the buzz back to the very thing that made him famous — winning.

Two weeks after another injury scare, Woods looked as dominant as ever in the red shirt on Sunday to win the Arnold Palmer Invitational at Bay Hill in Orlando.

It was his first PGA Tour victory since a sex scandal at the end of 2009 led to one of the greatest downfalls in sports.

Woods closed with a 2-under 70 for a five-shot win over Graeme McDowell.

The question two weeks ago was when he could play again. Now, it's whether he can get back to the player who once ruled golf.

Even though he won the Chevron World Challenge last December, this was meaningful for Woods — a full tour event against a strong field.

The final hole was a mere formality, and Woods tapped his putter on the ground waiting for his turn, knowing that his 30 months without a win on the PGA Tour was about to end. He walked off the green with his arm extended, waving his cap to a raucous gallery.

"It does feel good. It feels really good," Woods said before signing his card. "It's been a lot

Bay Hill's best

7th

Sunday's win at Bay Hill was Tiger Woods' record seventh in the event.

of hard work."

Woods finished at 13-under 275 for his 72nd PGA Tour win, one short of Jack Nicklaus for second place on the career list. But that's not the record Woods wants. He has 14 majors, four short of the Nicklaus standard — now he'll try to end a four-year drought at the Masters, which starts April 5.

"I am excited, no doubt," Woods said. "I'm looking forward to the momentum I've built here."

It was the first time Woods had all four rounds under par since he returned from his personal crisis at the 2010 Masters.

McDowell made a 45-foot birdie putt and a 50-foot eagle putt early in the round to try to stay close, though he was never closer than two shots after starting with a double bogey. He closed with a 74.

Only two weeks ago, Woods was taken off Doral in the final round with tightness in his left Achilles tendon, the same injury that caused him to miss three months and two majors last year. It turned out to be a mild strain, and Sunday was the eighth straight day that Woods played golf — starting with a practice round last Sunday at Augusta. **THE ASSOCIATED PRESS**

Palmer leaves tournament with health concerns

Arnold Palmer was hospitalized overnight after doctors noticed a rise in his blood pressure.

- Palmer wasn't on the 18th green Sunday at the Arnold Palmer Invitational to see Tiger Woods end his PGA Tour drought.

- Alastair Johnston, Palmer's longtime business manager, said the 82-year-old is on new medication and was checking his blood pressure throughout the final round. About 15 minutes before the tournament ended, doctors noticed enough of an increase to take him to the hospital for closer evaluation.

'Dream becomes a reality' in Quebec

It's official. Quebec City says it will begin construction on a new NHL-style arena this September.

Now all the city needs is a team to play in it.

Mayor Regis Labeaume announced on Sunday the \$400-million arena will hold about 18,000 people, saying it would be comparable to a facility the Pittsburgh Penguins moved into a year ago.

"Today, the dream becomes a reality," he told re-

Size matters

To keep the project within budget, Labeaume said the arena would be trimmed down from 70,000 square metres to 64,000, saving about \$30 million.

- Underground parking spots will

also be cut, yielding another \$21 million in savings.

- Labeaume was stingy with the financial details on Sunday and wouldn't go into specifics about total construction expenses.

porters at a news conference. Labeaume said the city can proceed with the project after

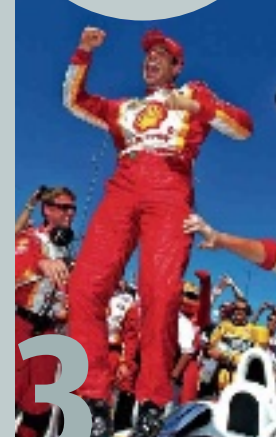
finalizing an agreement with Quebecor on Friday, a week before a March 31 deadline.

The media empire landed the naming rights for the future arena and was granted exclusive rights to manage the facility.

If an NHL team is acquired, Quebecor would hand over \$63.5 million for naming rights, plus \$5 million in annual rent. Without one, the company would pay \$33 million for the rights and an average of \$3.15 million annually for rent.

THE CANADIAN PRESS

Sports in pictures

**1 Skiing.** A silver sendoff

Anna Goodman won a slalom silver medal at the Canadian Championship in Mont-Saint-Anne, Que., on Sunday in her last race before retiring. The 26-year-old from Pointe Claire, Que., finished behind Marie-Michele Gagnon and ahead of Madison Irwin and Kristina Riis-Johannessen who tied for third.

THE CANADIAN PRESS

2 NBA. Bulls playoff bound

The Chicago Bulls became the first NBA team this season to win 40 games and seal a playoff berth with a 102-101 win over the Toronto Raptors on Saturday.

THE ASSOCIATED PRESS

3 IndyCar. Castroneves 1st to the finish

Helio Castroneves passed Scott Dixon to win the IndyCar season opener in St. Petersburg, Fla., where he celebrated with a tribute to the late Dan Wheldon.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	75	47	21	2	5	206	168	101	26-10-0-2	21-11-2-3	5-5-0-0	W1
d-Boston	74	43	28	1	2	241	182	89	22-13-1-1	21-15-0-1	5-5-0-0	W1
d-Florida	75	36	24	5	10	186	206	87	20-9-1-9	16-15-4-1	5-2-0-3	L3
x-Pittsburgh	74	46	22	3	3	248	193	98	26-8-2-0	20-14-1-3	8-1-1-0	L1
x-Philadelphia	75	44	23	2	6	238	208	96	21-11-1-4	23-12-1-2	7-2-0-1	W2
New Jersey	75	42	27	2	4	204	195	90	20-13-0-4	22-14-2-0	6-3-0-1	L1
Ottawa	76	38	28	6	4	230	223	86	20-15-2-2	18-13-4-2	4-4-0-2	W1
Washington	76	38	30	4	4	205	214	84	24-10-2-2	14-20-2-2	6-2-1-1	W1
Buffalo	76	37	29	4	6	197	209	84	20-11-3-5	17-18-1-1	7-1-0-2	W4
Winnipeg	75	35	32	4	4	201	217	78	23-11-1-3	12-21-3-1	5-5-0-0	L1
Tampa Bay	74	34	33	4	3	209	252	75	23-14-1-1	11-19-3-2	4-5-1-0	W2
Carolina	76	30	31	9	6	202	228	75	19-13-1-5	11-18-8-1	5-4-1-0	L2
Toronto	76	33	34	4	5	217	239	75	16-14-3-4	17-20-1-1	3-5-0-2	L1
NY Islanders	75	31	33	7	4	180	224	73	15-16-5-1	16-17-3-2	5-3-1-1	W1
Montreal	76	29	34	4	9	197	211	71	14-15-2-7	15-19-2-2	4-3-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	75	46	20	1	8	192	147	101	29-4-1-3	17-16-0-5	6-2-0-2	L2
y-Vancouver	75	45	21	2	7	229	187	99	21-10-0-4	24-11-3-2	4-5-1-0	W2
d-Dallas	75	41	29	1	4	198	197	87	22-14-0-3	19-15-1-1	7-3-0-0	W1
Detroit	75	45	25	3	2	230	185	95	29-5-1-1	16-20-2-1	2-6-2-0	W1
Nashville	75	43	24	3	5	213	198	94	24-9-2-3	19-15-1-2	5-4-0-1	W1
Chicago	75	42	25	4	4	229	214	92	26-7-1-4	16-18-3-0	8-1-0-1	W5
Phoenix	76	37	26	3	10	200	198	87	19-12-2-4	18-14-1-6	4-2-0-4	L1
San Jose	75	38	27	5	5	205	195	86	23-12-2-1	15-15-3-4	5-3-1-1	W2
Los Angeles	75	37	26	5	7	175	164	86	21-14-0-4	16-12-5-3	7-3-0-0	L1
Colorado	77	40	31	4	2	200	202	86	22-15-1-1	18-16-3-1	6-2-1-1	L2
Calgary	76	34	27	6	9	186	208	83	20-10-1-5	14-17-5-4	5-1-2-2	L5
Anaheim	75	32	32	5	6	189	209	75	20-16-2-0	12-16-3-6	4-5-1-0	W2
Minnesota	75	31	34	2	8	159	207	72	17-15-1-3	14-19-1-5	3-7-0-0	L2
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	75	24	44	2	5	175	243	55	14-21-1-2	10-23-1-3	4-6-0-0	L1

x — clinched playoff berth; d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yestesterday's results

Edmonton 6 Columbus 3
Washington 3 Minnesota 0
N.Y. Islanders 3 Florida 2 (SO)
New Jersey at Pittsburgh
Nashville at Chicago
Boston at Anaheim
St. Louis at Phoenix
Saturday's results
Ottawa 8 Pittsburgh 4
Vancouver 3 Colorado 2 (OT)
N.Y. Rangers 4 Toronto 3 (SO)
Dallas 4 Calgary 1
Philadelphia 4 Montreal 1
Nashville 3 Winnipeg 1
Buffalo 3 Minnesota 1
Tampa Bay 4 N.Y. Islanders 3
Detroit 5 Carolina 4
Boston 4 Los Angeles 2
San Jose 4 Phoenix 3 (SO)

Tonight's games

All times Eastern

Tampa Bay at Philadelphia, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Ottawa at Winnipeg, 8:30 p.m.
Dallas at Calgary, 9 p.m.
Los Angeles at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.
Tomorrow's games
Tampa Bay at Boston, 7 p.m.
Carolina at Toronto, 7 p.m.
Chicago at New Jersey, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Buffalo at Washington, 7 p.m.
Florida at Montreal, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
N.Y. Rangers at Minnesota, 8 p.m.

OILERS 6, BLUE JACKETS 3

First Period

1. Columbus, Letestu 10 (A.Johnson) 16:46
Penalties — Smyth Edm (high-sticking) 2:13, Nash Clb (boarding) 4:08, Gagner Edm (tripping) 10:28.
Second Period
2. Edmonton, Jones 17 (Whitney, Nugent-Hopkins) 3:40
3. Columbus, Nash 26, 7:42
4. Edmonton, VandeVelde 1 (Eberle, Petry) 11:40
5. Edmonton, Smid 5 (Nugent-Hopkins, Jones) 14:28
6. Edmonton, Eager 8, 16:00
7. Edmonton, Gagner 17 (Eberle, Whitney) 19:29 (pp)
Penalties — Nikitin Clb (hooking) 1:36, Belanger Edm, Boyce Clb (slashing) 9:39, A.Johnson Clb (cross-checking) 18:10.

Third Period

8. Columbus, Brassard 13 (Umberger, Nash) 14:22 (pp)
9. Edmonton, Belanger 4 (Jones, Smid) 18:10 (en-sh)
Penalties — VandeVelde Edm, Dorsett Clb (roughing) 1:31, Hemsy Edm (hooking) 1:44, Potter Edm (tripping) 3:48, Gillies Clb (high-sticking) 10:37, Hartikainen Edm (delay of game) 13:28, Eager Edm (slashing) 17:52.
Shots on goal by
Edmonton 13 13 12 38
Columbus 11 7 14 32
Goal (shots-saves) — Edmonton: Dubnyk (W,19-17-2); Columbus: Mason (L,14-25-3) (26-21), York (start third) (11-11). **Power plays (goals-chances)** — Edmonton: 1-4; Columbus: 1-6.
Referees — Marcus Vinnerborg, Don Van Massenhoven. **Linesmen** — Matt MacPherson, Brian Mach.
Att. — 12,295 (18,144) at Columbus, Ohio.

SATURDAY

RANGERS 4, MAPLE LEAFS 3 (SO)

First Period

1. Toronto, Franson 5 (Kessel, Bozak) 9:11
2. N.Y. Rangers, Gaborik 36 (Erixon, Richards) 12:19
Penalty — Crabb Tor (holding) 4:11.
Second Period
3. Toronto, Crabb 10 (Steckel, Phaneuf) 6:53
4. N.Y. Rangers, Dubinsky 9 (Mitchell) 15:29
Penalty — Hamilton Tor (slashing) 4:15.
Third Period
5. N.Y. Rangers, Gaborik 37 (Richards) 4:19
6. Toronto, Connolly 12 (Crabb, Steckel) 4:37
Penalties — Stepan NYR (hooking) 5:54, Boyle NYR (high-sticking) 7:59, Girardi NYR (tripping) 11:53.
Overtime
No Scoring.

Penalties

— None.

Shootout

N.Y. Rangers win 2-1
Toronto (1) — Bozak, miss; Connolly, goal; Kadjri, miss.
N.Y. Rangers (2) — Gaborik, miss; Richards, goal; Callahan, goal.
Shots on goal by
N.Y. Rangers 7 16 10 33
Toronto 6 10 9 25
Goal — N.Y. Rangers: Lundqvist (W,35-16-5); Toronto: Gustavsson (L,17-16-4). **Power plays (goals-chances)** — N.Y. Rangers: 0-2; Toronto: 0-3.
Att. — 19,507 (18,819) at Toronto.

SENATORS 8, PENGUINS 4

First Period

1. Ottawa, Michalek 33 (Greening, Kuba) 9:06
2. Pittsburgh, Cooke 18 (Engelland) 9:46
3. Pittsburgh, Cooke 19 (Crosby, Martin) 13:01
Penalty — Tangradi Pgh (high-sticking) 15:35.
Second Period
4. Ottawa, Gonchar 4 (Foligno, Alfredsson) 0:33
5. Ottawa, Phillips 5 (Turris, Alfredsson) 7:05 (pp)
6. Ottawa, Turris 9 (Foligno, Gonchar) 7:41
7. Pittsburgh, Kennedy 9 (Sullivan, Staal) 7:55
8. Ottawa, Alfredsson 23 (Michalek, Cowen) 16:07 (sh)
Penalties — Cooke Pgh (goaltender interference) 5:54, Klinkhammer Ott (hooking) 9:00, Spezza Ott (tripping) 14:50, Neal Pgh, Foligno Ott (roughing) 18:19.
Third Period
9. Pittsburgh, Crosby 3 (Asham, Dupuis) 11:43
10. Ottawa, Spezza 31 (Michalek) 13:16
11. Ottawa, Alfredsson, 24 (Foligno) 17:05
12. Ottawa, Greening 17 (Karlsson, Spezza) 18:08 (pp)
Penalties — Michalek Ott (holding) 14:29, Malkin Pgh (tripping) 15:05, Asham Pgh (roughing) 17:33, Cowen Ott (oughing) 19:43.
Shots on goal by
Pittsburgh 13 14 13 40
Ottawa 9 12 7 28
Goal (shots-saves) — Pittsburgh: Thiessen (L,3-1-0); Ottawa: Bishop (20-17), Anderson (W,30-20-6) (9:23 second, 20-19).
Att. — 20,076 (19,153) at Ottawa.

CANUCKS 3, AVALANCHE 2 (OT)

First Period

1. Colorado, Landeskog 22 (Hejdjuk, Downie) 1:13 (pp)
Penalties — Vancouver bench (too many men; served by Weise) 0:36, Rome Vcr (roughing), Kobasew Col (charging) 6:34, Bieksa Vcr (hooking) 7:24, Hejda Col (tripping) 11:01, Jones Col (delay of game) 11:46, Pahlsson Vcr

(holding stick) 15:42, Jones Col (double high-sticking) 17:35.
Second Period
2. Colorado, McGinn 20 (Stastny, Varlamov) 11:01 (pp)
3. Vancouver, Raymond 10 (Salo, H.Sedin) 15:55 (pp)
4. Vancouver, Higgins 14 (Pahlsson, Bieksa) 17:30
Penalties — Salo Vcr (interference) 10:23, Burrows Vcr (roughing) 13:17, Jones Col (holding) 14:08.
Third Period
No Scoring.
Penalty — Pahlsson Vcr (hooking) 6:23.
Overtime
5. Vancouver, Higgins 15 (Hansen, Bieksa) 1:40
Penalties — None.
Shots on goal by
Vancouver 8 14 9 1—32
Colorado 17 11 12 0—40
Goal — Vancouver: Luongo (W,28-14-8); Colorado: Varlamov (L,25-21-3). **Power plays (goals-chances)** — Vancouver: 1-5; Colorado: 2-6.
Att. — 18,007 (18,007) at Denver.

STARS 4, FLAMES 1

First Period

1. Dallas, Ja.Benn 23 (Burish, Pardy) 1:37
2. Dallas, Ryder 33 (Ribeiro, Lehtonen) 7:17
3. Calgary, Cammalleri 16 (Babchuk, Giordano) 12:27
Penalties — Dallas bench (too many men; served by Wandell) 4:39, Comeau Cal (tripping) 9:25, Jokinen Cal (high-sticking) 16:44.
Second Period
No Scoring.
Penalties — Ja.Benn Dal (tripping) 1:03, Iginla Cal, Giordano Cal, Ribeiro Dal (roughing), Souray Dal (double roughing) 19:49, Cammalleri Cal (slashing), Burish Dal (cross-checking) 20:00.
Third Period
4. Dallas, Ja.Benn 24 (Ott, Daley) 16:27
5. Dallas, Morrow 10, 18:32 (en)
Penalties — Burish Dal (roughing) 12:12, Kostopoulos Cal (roughing) 19:04.
Shots on goal by
Calgary 7 14 15 36
Dallas 8 6 6 20
Goal — Calgary: Kiprusoff (L,33-20-11); Dallas: Lehtonen (W,31-17-4). **Power plays (goals-chances)** — Calgary: 0-4; Dallas: 0-3.
Att. — 17,238 (18,532) at Dallas.

FLYERS 4, CANADIENS 1

First Period

1. Philadelphia, Timonen 4 (Giroux) 11:07 (pp)
Penalties — Couturier Pha (holding) 3:18, Plekanec Mtl (slashing) 11:01, White Mtl (holding) 12:54.
Second Period
2. Montreal, Plekanec 15 (Eller, Palushaj) 3:44
3. Philadelphia, Briere 15 (Carle, Read) 7:57 (pp)
4. Philadelphia, Briere 16 (Jagr, Bryzgalov) 17:38 (pp)
Penalties — Emelin Mtl (interference) 6:05, Philadelphia bench (too many men; served by Briere) 11:50, Carle Pha (hooking) 14:47, Cole Mtl (high-sticking) 16:48.
Third Period
5. Philadelphia, Read 21 (Couturier, Carle) 18:07
Penalties — Gorges Mtl, Kubina Pha (fighting) 1:20, Subban Mtl (roughing) 8:34, Blunden Mtl (misconduct), White Mtl (roughing), Simmonds Pha (hooking, slashing) 11:06, Bryzgalov Pha (tripping; served by Giroux) 11:45.
Shots on goal by

Montreal 4 9 11 24
Philadelphia 8 10 15 33
Goal — Montreal: Budaj (L,3-7-3); Philadelphia: Bryzgalov (W,32-14-7). **Power plays (goals-chances)** — Montreal: 0-5; Philadelphia: 3-5.
Att. — 19,931 (19,537) at Philadelphia.
PREDATORS 3, JETS 1
First Period — No Scoring.
Penalties — Enstrom Wpg (slashing) 5:11, Er-at Nash (hooking) 12:52.
Second Period
1. Nashville, Halischuk 13 (Radulov, Klein) 2:56
2. Nashville, Bourque 5 (Spaling, A.Kostitsyn) 10:01
Penalties — Jones Wpg (tripping) 12:29, Byfuglien Wpg (roughing) 18:38.
Third Period
3. Winnipeg, Stapleton 11 (Machacek, Maxwell) 12:53
4. Nashville, Weber 15 (Fisher) 19:50 (en-pp)
Penalty — Byfuglien Wpg (hooking) 19:30.
Shots on goal by
Winnipeg 7 9 9 25
Nashville 10 5 13 28
Goal — Winnipeg: Pavelec (L,28-26-7); Nashville: Rinne (W,40-16-8).
Power plays (goals-chances) — Winnipeg: 0-1; Nashville: 1-4.
Referees — Eric Furlatt, Kyle Rehman. **Linesmen** — Jonny Murray, Steve Miller.
Att. — 17,113 (17,113) at Nashville, Tenn.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	10	.800	—
d-Miami	35	11	.761	3
Orlando	31	18	.633	8½
d-Philadelphia	27	21	.563	12
Indiana	28	19	.596	10½
Atlanta	29	20	.592	10½
Boston	26	22	.542	13
New York	24	25	.490	15½
Milwaukee	22	26	.458	17
Cleveland	17	29	.370	21
Detroit	16	32	.333	23
Toronto	16	33	.327	23½
New Jersey	16	34	.320	24
Washington	11	37	.229	28
Charlotte	7	39	.152	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	36	12	.750	—
d-San Antonio	32	14	.696	3
d-L.A. Lakers	30	18	.625	6
L.A. Clippers	27	21	.563	9
Dallas	28	22	.560	9
Memphis	25	21	.543	10
Utah	26	22	.542	10
Houston	26	23	.531	10½
Denver	26	23	.531	10½
Phoenix	25	24	.510	11½
Minnesota	24	26	.480	13
Portland	22	26	.458	14
Golden State	20	26	.435	15
Sacramento	17	31	.354	19
New Orleans	12	36	.250	24

d-division leader
x-clinched playoff spot
Last night's results
Phoenix 108 Cleveland 83
Minnesota 117 Denver 100
Boston 88 Washington 76
Utah at Atlanta
Philadelphia at San Antonio
Miami at Oklahoma City
Golden State at Portland
Memphis at L.A. Lakers

SOCCER

MLS

Yesterday's results
New York 4, Colorado 1
FC Dallas at Sporting Kansas City
Saturday's results
San Jose 3, Toronto FC 0
New England 1, Portland 0
Columbus 2, Montreal 0
Chicago 1, Philadelphia 0
Chivas USA 1, Real Salt Lake 0
Vancouver 0, D.C. United 0

ENGLAND

PREMIER LEAGUE

Yesterday's result
West Bromwich Albion 1 Newcastle 3
LEAGUE CHAMPIONSHIP
Yesterday's results
Birmingham 1 Cardiff 1
Johnstone's Paint Trophy
Chesterfield 2 Swindon 0

FRANCE

LIGUE 1

Yesterday's results
Dijon 2 Caen 0
Paris Saint-Germain 1 Bordeaux 1
Toulouse 1 Auxerre 0

GERMANY

BUNDESLIGA

Yesterday's results
Cologne 1 Borussia Dortmund 6
Stuttgart 1 Nuremberg 0

ITALY

SERIE A

Yesterday's results
Atalanta 2 Bologna 0
Cesena 2 Parma 2
Chievo Verona 1 Siena 1
Genoa 2 Fiorentina 2
Juventus 2 Inter Milan 0
Lazio 1 Cagliari 0
Napoli 2 Catania 2
Novara 0 Lecce 0

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Rangers 3 Celtic 2

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Sporting Gijon 1
Espanyol 1 Malaga 2
Levante 0 Osasuna 2
Rayo Vallecano 0 Villarreal 2
Real Betis 1 Racing Santander 1
Zaragoza 1 Atletico Madrid 0

LACROSSE

NLL

Last night's results
Colorado at Philadelphia
Minnesota at Washington

CURLING

WOMEN'S WORLD CURLING CHAMPIONSHIP

At Lethbridge, Alta.
THIRD PLACE
Yesterday's results
Canada (Nedohin) 9 South Korea (J.S. Kim) 6
CHAMPIONSHIP
Sweden (Sigfridsson) vs. Switzerland (Ott)





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SP

Kentucky back in Final 4

NCAA. Wildcats set up rematch with Louisville

Kentucky is taking its highlight show back to the Big Easy.

With an NBA-like display from a young team filled with future pros, the top-seeded Wildcats advanced to the Final Four for the second year in a row with a 82-70 blitzing of Baylor in the South Regional final on Sunday.

Michael Kidd-Gilchrist scored 19 points, Anthony Davis added 18 points and 11 rebounds, and Terrence Jones dazzled in all the overlooked



Darius Miller #1 of the Kentucky Wildcats celebrates with the net.

STREETER LECKA/GETTY IMAGES

areas, leading the Wildcats (36-2) to a Bluegrass showdown with rival Louisville in the national semifinals next Saturday

at New Orleans.

For all the hoopla sure to surround that game in the basketball-crazed state, Kentucky won't consider the season a success unless it wins two more games — culminating in a national title.

"This team is playing for you and playing for each other," coach John Calipari told the predominantly blue-clad crowd when it was over. "Let's see if we can keep this thing rolling a bit."

The Wildcats beat Louisville 69-62 on New Year's Eve, but now they'll meet with the highest stakes ever.

THE ASSOCIATED PRESS

Kansas beats UNC

- Tyshawn Taylor broke out of his slump in a big way, scoring 22 points and leading Kansas back to the Final Four with an 80-67 victory over former coach Roy Williams and top-seeded North Carolina on Sunday.

- The second-seeded Jayhawks will play Ohio State on Saturday in their first Final Four appearance since winning the 2008 national championship.

ATP tennis

Raonic withdraws with ankle injury

Canadian Milos Raonic has withdrawn from the Sony Ericsson Open with an ankle injury.

The 21-year-old from Thornhill, Ont., was unable to take the court Sunday against British fourth seed Andy Murray for their third-round match after rolling an ankle during training.

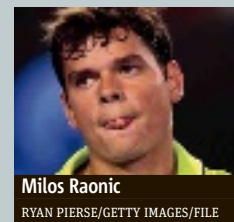
Raonic, however, expects to be ready for his next event in Monte Carlo in April.

"I was just moving back and I rolled over my ankle and ended up spraining it," said Raonic, who con-

sulted his doctor in Spain over the problem and will now spend a few days at home in Canada.

It was Raonic's second injury blow in as many seasons. The 26th seed in Miami was forced to withdraw last summer from Wimbledon in the second round after injuring his hip in a match against Gilles Muller.

THE CANADIAN PRESS



Milos Raonic

RYAN PIERSE/GETTY IMAGES/FILE

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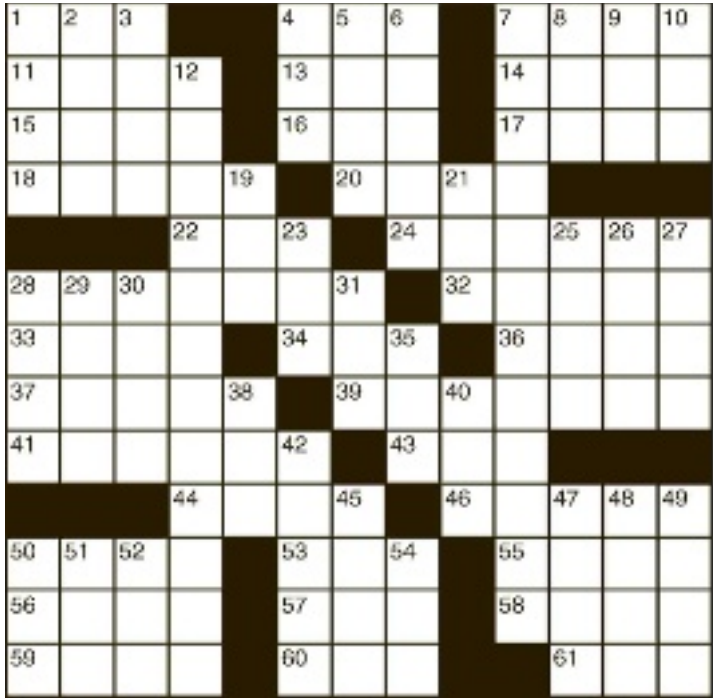
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WOODEN SEWING TABLE & CHAIR
with 4 drawers
\$55
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Crossword

Across

- 1 — Wan Kenobi
4 Health resort
7 Recording
11 Swimming venue
13 LummoX
14 Thing
15 Opposed to
16 Buddy
17 Options list
18 Rife with foliage
20 Toothpaste container
22 Hearing organ
24 Shoe without laces
28 Sleep-wear
32 Trap
33 Verve
34 Wrinkly-faced dog
36 Faucet problem
37 Gives temporarily
39 "The Big Bang Theory" star Jim
41 Birdcage attachment
43 Swab the floors
44 Way out
46 Stretchy candy
50 Pop singer Lady —
53 To and —
55 Col. Mustard's game
56 Settled down
57 Legislation
58 Into the sunrise
59 Big party
60 Storm center
61 Next-to-last Greek letter
Down
1 October birthstone
2 Skeletal component
3 Tiny amount



- 4 Weep
5 Role
6 In a state of conflict
7 Ontologists' concerns
8 Dined
9 Corral
10 Flightless bird
12 Vitally important
19 Sweet potato
21 Derek and Diddle
23 Knock
25 Gambling game
26 Ms. Brockovich
27 Agents, for short
28 Riches
29 Sheltered

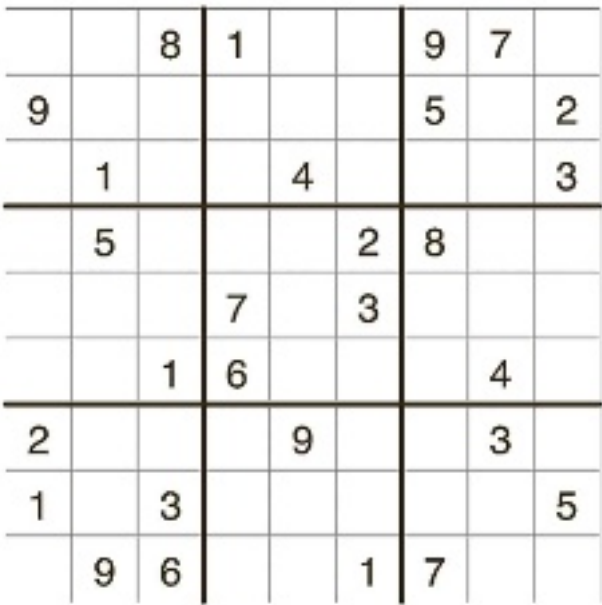
- 30 Tarzan's wife
31 Dine
35 Leg, slangily
38 Gender
40 Deterioration
42 Winchester or Springfield
45 Salver
47 Envelope part
48 Commotion
49 Bigfoot's cousin
50 Talk on and on
51 Chicken king
52 Our soldiers
54 Have bills

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Today 1°/-9° Sunny
Tuesday 5°/-1° Sunny
Know what the weather will be 14 days from now. Check the 14 day trend.
©The Weather Network 2012

Horoscope

- ♈ Aries | March 21 - April 20.**
Try to keep your more caustic comments to yourself or you'll spend the next few days apologizing.
♉ Taurus | April 21 - May 21.
Somewhere along the line you have made an embarrassing, and maybe costly, mistake but you must not let it affect your confidence.
♊ Gemini | May 22 - June 20.
You just know that someone is keeping something from you and it's causing you a fair bit of anguish.
♋ Cancer | June 21 - July 22.
You may find it harder than usual to express yourself today but that's probably no bad thing.
♌ Leo | July 23 - Aug. 22. Why

- are you finding it hard to be cheerful when so many things are going your way?
♍ Virgo | Aug. 23 - Sept. 22.
You really don't care what other people think but even so it might be wise to listen to their criticisms today.
♎ Libra | Sept. 23 - Oct. 22. The best way to deal with someone who is giving you a hard time today is not to give them a hard time in return but to be nice to them.
♏ Scorpio | Oct. 23 - Nov. 21.
Make sure you have got your facts right before wading in with an opinion
♐ Sagittarius | Nov. 22 - Dec. 21. Take care not to fall out

- with someone you usually get along with quite well over what is really a trivial matter.
♑ Capricorn | Dec. 22 - Jan. 20. You may be impatient to get started on something you have been planning for ages.
♒ Aquarius | Jan. 21 - Feb. 18. This is a good day for thinking but maybe not such a good day for actively pursuing your ambitions.
♓ Pisces | Feb. 19 - March 20.
Mercury in your sign is at odds with Saturn, which suggests you may not be thinking straight over the next 24 hours. Fortunately, Pisces is a sign that relies more on intuition — and your instincts are perfect as usual.
SALLY BROMPTON



Caption Contest

"If there are angry birds, there will be floating pigs!"
Honey
KIN CHEUNG/ THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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12 FOCUS TITANIUM SE
LOADED, A/C, AUTO • 33975km
st:33561 • **\$17,980** • bw:\$148***

07 MAZDA CX-7 SPORT AWD
LOADED, LTHR, ROOF • 82266km
st:33463 • **\$15,950** • bw:\$171*

10 MAZDA 3
LOADED, A/C, AUTO • 50876km
st:33096-A • **\$14,380** • bw:\$119***

08 SILVERADO LS 4X4
LOADED, A/C, AUTO • 74005km
st:32149 • **\$19,650** • bw:\$182**

07 TUCSON V6
LOADED, A/C, AUTO • 65704km
st:33327 • **\$11,950** • bw:\$128*

10 HONDA INSIGHT HYBRID
LOADED, A/C, AUTO • 53737km
st:31958-A • **\$18,800** • bw:\$155***

10 IMPALA LT
LOADED, A/C, AUTO • 58836km
st:32452 • **\$14,870** • bw:\$123***

08 NISSAN VERSA
LOADED, A/C, AUTO • 79141km
st:33535 • **\$10,460** • bw:\$97**

09 OUTLANDER 4WD
V6, LOADED, A/C, AUTO • 92155km
st:11401-A • **\$16,890** • bw:\$157**

09 NISSAN XTERRA 4WD
LOADED, A/C, AUTO • 41466km
st:31671 • **\$22,860** • bw:\$204**

08 ACURA TL
LOADED, A/C, ROOF, LTHR • 87531km
st:33530 • **\$17,980** • bw:\$167**

07 LEGACY AWD
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **\$15,950** • bw:\$171*

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **\$9,640** • bw:\$89**

10 CHRYSLER 300 TOURING
LOADED, A/C • 68262km
st:33504 • **\$15,850** • bw:\$131***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **\$9,970** • bw:\$93**

10 KIA SOUL 4U
LOADED, A/C, ROOF, AUTO • 53986km
st:32895 • **\$15,950** • bw:\$131***

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **\$13,650** • bw:\$147*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **\$13,750** • bw:\$128**

08 MAZDA B2300
A/C • 61594km
st:33422 • **\$10,750** • bw:\$100**

07 FIVE HUNDRED SEL
LOADED, A/C, AUTO • 106039km
st:32092 • **\$9,970** • bw:\$107*

08 PONTIAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **\$13,380** • bw:\$124**

07 HYUNDAI SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **\$13,870** • bw:\$149*

08 CHEVROLET MALIBU LT
LOADED, A/C • 52016km
st:33345 • **\$12,470** • bw:\$116**

08 MAZDA TRIBUTE 4WD
LOADED, ROOF, LTHR • 92605km
st:33429 • **\$13,950** • bw:\$129**

07 FORD EDGE SEL AWD
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **\$17,850** • bw:\$192*

11 SUZUKI SWIFT PLUS
LOADED, A/C • 58162km
st:33524 • **\$10,950** • bw:\$90***

09 CHRYSLER PT CRUISER
LOADED, A/C, AUTO • 61199km
st:32428 • **\$8,950** • bw:\$83**

08 SAAB 9-3 2.0T
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **\$13,980** • bw:\$130**

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **\$12,950** • bw:\$107***

08 FORD FUSION SE
LOADED, A/C, ROOF • 70497km
st:33130 • **\$10,750** • bw:\$100**

08 FORD TAURUS SEL
LOADED, A/C, AUTO • 90818km
st:32153 • **\$11,840** • bw:\$110**

09 FORD ESCAPE XLT 4WD
LOADED, A/C, AUTO • 87719km
st:32729 • **\$16,460** • bw:\$153**

07 VOLKSWAGEN PASSAT
LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • **\$14,870** • bw:\$160*

11 CHRYSLER 200
LOADED, A/C • 36288km
st:33503 • **\$16,970** • bw:\$140***

07 SAVANA CARGO VAN
AUTO • 105491km
st:33057 • **\$14,750** • bw:\$158*

10 SUZUKI SX4
LOADED, A/C, AUTO • 52490km
st:32918 • **\$11,750** • bw:\$97***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$148***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **\$18,850** • bw:\$155***

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **\$8,450** • bw:\$78**

07 PONTIAC G5 SE
LOADED, A/C, AUTO • 93314km
st:33309 • **\$5,750** • bw:\$62*

07 HYUNDAI ACCENT
LOADED, A/C • 99490km
st:32548 • **\$6,940** • bw:\$74*

08 NISSAN ALTIMA 2.5S
LOADED, A/C, AUTO • 73130km
st:32193 • **\$13,820** • bw:\$128**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 65580km
st:33061 • **\$12,450** • bw:\$103***

07 CHRYSLER SEBRING
LOADED, A/C • 86262km
st:31515 • **\$9,680** • bw:\$104*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **\$14,870** • bw:\$160*

11 DODGE AVENGER SXT
LOADED, A/C • 33755km
st:33579 • **\$15,970** • bw:\$132***

07 MAZDA RX-8 COUPE
LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • **\$16,870** • bw:\$181*

06 JEEP TJ SPORT 4X4
A/C, AUTO • 82888km
st:33548 • **\$13,850** • bw:\$149*

09 TOYOTA MATRIX S AWD
LOADED, A/C, AUTO • 89840km
st:33256 • **\$12,950** • bw:\$120**

07 VOLVO S40
LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • **\$14,870** • bw:\$160*

11 TOYOTA SIENNA LE
LOADED, A/C, AUTO • 59919km
st:33138 • **\$25,890** • bw:\$204***

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07 Cadillac CTS

• Loaded, A/C, Lthr, Auto
• st: 33383
• km: 64065

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\$182*
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07 Benz ML320 DIESEL

• AWD, NAV, Lthr, Loaded, Roof
• st: 32168
• km: 72545

\$29,950
\$311*
Bi-weekly



08 LandRover LR2 SE

• 4x4, Loaded, A/C, Auto
• st: 32103
• km: 82605

\$21,870
\$195*
Bi-weekly



08 Benz B200

• Loaded, A/C, Auto
• st: 32353
• km: 66500

\$16,880
\$157*
Bi-weekly



08 Lexus IS250

• AWD, Loaded, Roof, Lthr, Auto
• st: 29824
• km: 75146

\$27,840
\$248*
Bi-weekly



09 BMW 323

• Loaded, A/C, Lthr, Roof, Auto
• st: 33127
• km: 51691

\$25,850
\$231*
Bi-weekly



10 DODGE CHARGER
LOADED, A/C • 57663km
st:33459 • **\$15,870** • bw:\$131***

08 CHEVROLET COBALT LS
STD • 90824km
st:33403 • **\$7,850** • bw:\$73**

07 DODGE CALIBRE SXT
LOADED, A/C, AUTO • 82291km
st:31790 • **\$8,780** • bw:\$94*

11 TRAVERSE LS AWD
LOADED, A/C, AUTO • 45105km
st:32735 • **\$27,850** • bw:\$219***

07 CHEVROLET OPTRA 5
LOADED, A/C, ROOF • 31417km
st:32802 • **\$8,360** • bw:\$90*

08 SATURN VUE XR
LOADED, A/C, AUTO • 71309km
st:33473 • **\$13,980** • bw:\$130**

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, STD • 64009km
st:32268 • **\$10,840** • bw:\$116*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **\$10,650** • bw:\$99**

07 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 94969km
st:32215 • **\$15,940** • bw:\$171*

06 NISSAN X-TRAIL XE
LOADED, A/C, AUTO • 73849km
st:31654 • **\$10,950** • bw:\$118*

06 JEEP TJ SPORT 4X4
A/C, AUTO • 82888km
st:33548 • **\$13,850** • bw:\$149*

09 TOYOTA MATRIX S AWD
LOADED, A/C, AUTO • 89840km
st:33256 • **\$12,950** • bw:\$120**

07 VOLVO S40
LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • **\$14,870** • bw:\$160*

11 TOYOTA SIENNA LE
LOADED, A/C, AUTO • 59919km
st:33138 • **\$25,890** • bw:\$204***

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